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ADD THE THRILL {page 33}



A ROCK BALDWIN FINDS HIMSELF AT A CROSSROADS {page 17}



CALGARY

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Thursday, May 19, 2011
www.metronews.ca



News worth sharing.

IAN JACKSON/THE CANADIAN PRESS



► A hazardous-materials worker runs toward the media to evacuate the area in Slave Lake yesterday. Workers uncovered live small firearms ammunition that was exploding from the leftover heat.

Tempers and ammo explode

► There were also encouraging signs ► One employer considered restart options ► Province announced initial \$50 million in aid

Exploding ammunition and exploding tempers made for a tense day yesterday in northern Alberta, where a devastating wildfire on the weekend destroyed about a third of the town of Slave Lake.

Reporters and photographers on a tour of the scene were unexpectedly rushed from the area when fire officials discovered a box of ammunition in one home that started going off as an after-effect of the fire.

"Get back, get back, get back!" a panicked-sounding official yelled as he tried to corral the media representatives back to the safety of their cars.

"That's the reason why we don't want people in the location here," RCMP Sgt. Tim Tamiguchi said later, suggesting it's an illustration of why it's not yet safe for residents to return.

Meanwhile, Slave Lake Mayor Karina Pillay-Kinne said she wanted to meet with the evacuees in person and reassure them that officials are doing the best they can.

with some of the town's 7,000 evacuees, trying to explain just that.

Many of the residents who emerged from the meeting appeared very angry, saying they were upset at a lack of information from both the local and provincial governments.

A lot of them say they don't know yet whether their houses are still standing, and they're being told it could be weeks before they will be allowed to return.

Pillay-Kinne said she wanted to meet with the evacuees in person and reassure them that officials are doing the best they can.

"When we do give the information, they're going to know if their homes have been affected, damaged or destroyed," she said. "We're doing everything we can and I think in the next while we will have that information to them."

"That was a very emotional, difficult task for us, to speak with our residents, but I think the message

Slave Lake radio

- Slave Lake's radio station went back on the air yesterday after a hasty shutdown in the face of the fire.
- Staff at 92.7 FM The Lake beat a tactical retreat to Edson from where they continued to broadcast online and kept the Facebook page updated.
- Technicians discovered the transmission tower was relatively undamaged by the fire, so broadcasts began again — an audible signal from a town knocked to its knees.

is we're working hard on the ground to get our community up and running, so we can have them back in our community and start rebuilding our community."

As of yet, the town has no potable water, no electricity and no natural gas. **THE CANADIAN PRESS**

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Fastest. Man



► Calgarian Sam Effah leads a group of kids from Westmount Charter Elementary in a race at Glenmore Athletic Park yesterday.

JEREMY NOLAIS/METRO

Quick dash to the finish line at the park

Sam Effah, who holds the title of Canada's fastest man after running the 100-metre dash in 10.06 seconds, was on hand to promote the upcoming Canadian Track and Field Championships in Calgary. The event will take place June 22 to 25 and will feature 600 of Canada's top track and field athletes.

Union cites concerns over training on new C-Train

► Representative says one employee terminated, two other suspended in relation to incidents aboard new models ► Appeal launched by union in relation to termination



JEREMY NOLAIS
@METRONEWS.CA

Four hours of orientation for operators of Calgary's newest C-Train model is simply not enough, and is costing some their jobs, says the group's union head.

Mike Mahar, president of Amalgamated Transit Union Local 583, said some operators he repre-

sents do not understand certain technology upgrades onboard the Calgary Eights — or Series 8 — trains introduced last fall.

"There's a very tight schedule on the train," he said. "Some have raised concerns that when they get to the end (of the line) the train goes through a reboot system.... We have had a couple where they have tried to head off ear-

ly and it activates some defaults."

While built-in safety measures would likely prevent any danger for C-Train riders, Mahar said Calgary Transit is handing down stiff penalties to drivers who make these mistakes when operating the new models.

He added the union is now awaiting a decision next week on an appeal after one employee was

handed his walking papers in relation to improper use.

Russell Davies, fleet manager for Calgary Transit, said he was surprised to learn of the union's concerns.

"The car is probably 95 per cent identical to the previous cars," he said, noting the biggest upgrade was adding safety monitors for drivers. "We have operators that drive

different types of buses, and the different types of buses are probably far greater than trains."

Davies' team is planning to meet later today to discuss the possibility of further training and consultation with C-Train operators.

"We are committed to making this work," he said. "We will deal with our operators as we are supposed to."



Lars Von Trier's guide to Cannes publicity: Nazi quips and musing about Kirsten Dunst in porn.

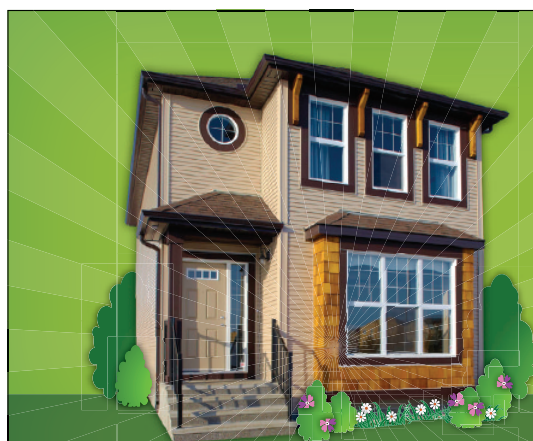
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On the web

Apple's iPad gives voice to kids who have trouble communicating. Video at metronews.ca



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AIRPORT TUNNEL

Council's tunnel decision set for Friday

City council will hold a special meeting Friday where aldermen will be given the chance to examine new scenarios related to the airport tunnel.

On Monday, council voted in favour of grant-

ing a one-week extension for the negotiations between the city and the airport authority.

"I'm hopeful Friday will be the day that we'll know once and for all what we're moving forward on," said Mayor Naheed Nenshi.

The city has also submitted a request for provincial funding for an additional tunnel-related project but Nenshi said they have yet to receive a response.

● KATIE TURNER

Express bus to benefit tourists

Out-of-towners will benefit from the introduction of an express bus linking downtown to the airport, according to a Tourism Calgary representative.

On Monday, city council gave the go-ahead to a pilot project put forward by Mayor Naheed Nenshi, which will see an express bus instituted for a six-month trial period.

Coming from the U.K., Andrea Sutherland and her husband said they opted to stay at an airport hotel because they were unsure what methods of transportation were available.

"Maybe if it had been a bit easier we would have

\$336,000

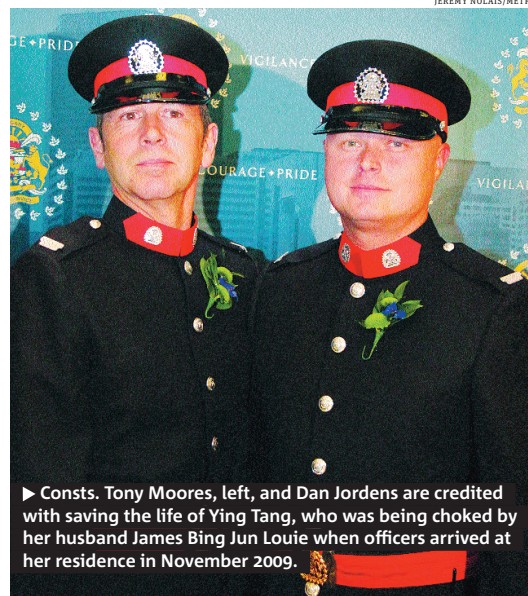
The cost of the six-month express bus pilot project, which will come into service on July 1.

perhaps come downtown," she said, adding they ultimately rented a car to get around.

Tourism Calgary President and CEO Randy Williams said this is a positive step that will make the city more accessible to visitors.

"If they've got more than one choice to get around the city, we think that's a good thing." ● KATIE TURNER

Police chief rewards bravery, dedication



► Consts. Tony Moores, left, and Dan Jordens are credited with saving the life of Ying Tang, who was being choked by her husband James Bing Jun Louie when officers arrived at her residence in November 2009.

► 18 citizens and 42 police members honoured at awards gala last night



JEREMY NOLAÏS
@METRONEWS.CA

The vicious winter storm, the faint cries for help, the lifeless bodies.

Constables Dan Jordens and Tony Moores still vividly remember everything about that November 2009 night when they entered the residence of James Bing Jun Louie.

The two were first on the scene, but it was already too late to save the lives of 13-year-old Jason and his sister Jane.

The officers proceeded through the house until they found Louie in the bathroom with a rope wrapped tightly around the neck of his wife, Ying Tang.

Jordens admits he nearly shot Louie, but Moores intervened and took control of the perpetrator, freeing Tang.

"He promised he would never do this, he promised he would never do this," Jordens said, reciting the cries of Tang, as she fled

On the scene

► James Bing Jun Louie was sentenced Tuesday to 18 years in jail in connection with the murder of his two children and attempted murder of his wife.

► The chief's award categories included those of valour, life-saving, excellence, community service, community policing and leadership.

the bathroom.

For their life-saving efforts, Jordens and Moores, along with two officers who assisted on that fateful night, were among the honourees at the police Chief Rick Hanson's awards gala.

"In any job — I don't care what line of work you're in — there's the regular job and then there's the time (you're) put in a situation where there's way more expected of you.... There's so many examples of that tonight," Hanson said of the award recipients.

Citizens pitch in for safety

While numerous police members were recognized for going above and beyond the call of duty, Chief Rick Hanson also paid special tribute to citizens who jumped

into action.

Among the citizen honourees this year were Nick VandenEnden, who helped subdue a suspect that attacked a police constable near Eau Claire Market last June, and 17-year-old Mohammad Ali Ellahib, who tackled a camera thief at Westbrook Mall in July.

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News in brief



No offers for old ed centre

FOR SALE. The Calgary Board of Education received no public tender offers for its former downtown building. According to a memo first received by Metro, the public tender has closed and the results will be reported to the board of trustees. The memo said the board will ask for provincial approval to list the building at 515 Macleod Trail with a commercial real estate broker.

● METRO

Citadel fire probed

BLAZE. Investigators have determined the starting point of a weekend fire that damaged four homes in Citadel. A release says the fire was started in a planter containing peat moss, but investigators were unable to determine the source of the ignition. The initial damage estimate is roughly \$2 million.

● METRO

Fluoride free

SMILE. Calgary's drinking water is going fluoride free — immediately. The city will stop fluoridating the water supply today, after authorization by Alberta Environment. Water Services predicts it will take at least a week for fluoride concentrations to drop to naturally occurring levels.

● METRO

Sound and fury over new noise detector

- ▶ Proposed bylaw change goes before council in June
- ▶ Tickets could be issued in fall if device adopted



KATIE TURNER
@METRONEWS.CA

Loud motorists could be issued a warning this summer after a city committee voted to try out new decibel-reading technology.

An Edmonton company offered the city free use of a device called Noise Snare, which pairs decibel readings with video, much like photo radar.

Council yesterday voted in favour of testing the device and handing out warnings over the summer months. But not everyone was pleased by the news.

"I just think they have a



KATIE TURNER/METRO

▶ Cheryl Quaife says the city is unfairly targeting motorcyclists.

lot more important things to worry about in a city of over a million people than a noise bylaw when we already have one on the books," said motorcyclist Cheryl Quaife, who argued

that the loud sound of a motorcycle acts as an alert to motorists. "People don't see bikes," she said.

Ald. John Mar, however, is pleased that a proposed noise bylaw change will go

Shhhhhhhh

- ▶ If the new noise bylaw passes, the threshold for noise will be 96 decibels.
- ▶ Bill Bruce, director of bylaw services, said 17th Avenue is a problem area for noise complaints.
- ▶ The Noise Snare device costs \$112,500, but the city is receiving it at no cost.

before council in June.

"I want to have a bylaw where we can start to engage with the public (and) issue warning tickets so people can take corrective action."

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Locals help Slave Lake victims

► **Calgarians with connections to Slave Lake collecting donations, looking for help** ► **Clothing, shoes, baby formula and other basic items needed**

YASMIN JASWAL
CALGARY@METRONews.ca

Local Calgarians are taking their efforts to help victims of the Slave Lake wildfires to the next level by giving their time and energy to personally collect and deliver donations.

Antonie Harris, a 19-year-old native of the small town, is accepting donations of all kinds — clothes, diapers, toys — to take to those who fled their homes and are now in shelters all across Alberta.



► **Antonie Harris**

He also plans to help in Slave Lake once highways reopen.

"Hopefully, in situations like this, people will come together to help out

locally and maybe even nationally," Harris said.

Sean Mackidd, who used to work close to Slave Lake, is also collecting basic necessities to take to shelters.

He is looking for donations, but also for volunteers to go to shelters with him.

"There are families who have lost everything. We're trying to make their lives more comfortable," Mackidd said.

To make a donation contact, Harris can be reached at (403) 828-7123 and Mackidd can be reached at (403) 797-1079.

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GOING INTERNATIONAL

Calgary companies strengthen global ties

Building momentum was the main message at yesterday's Calgary Economic Development 2011 Report to the Community, delivered yesterday.

Last year, the City of Calgary was able to remain resilient during the economic downturn and 2011 is about keeping that momentum going, according to Bruce Graham, president and CEO of Calgary Economic Development.

"We need to build on our strength and energy," said Graham.

Part of that momentum involves cultivating international relationships, which is the

impetus behind Mayor Naheed Nenshi travelling to China later this week.

"Calgary is an increasingly global city and there are a lot of international opportunities for us," said Nenshi, adding this is his first international trip as mayor.

People from small and medium-sized companies within Calgary will be making the trip as well.

"I suspect there's going to be a lot of good work being done. It's the largest trade delegation in Calgary's history."

● KATIE TURNER

#1

The ranking given to Calgary by the Real Estate Investment Network in the 2010 list of top 10 Canadian cities in which to invest.

Bishop McNally students get Smart

YASMIN JASWAL/FOR METRO



► Const. Bruce Falk administers a breathalyzer test on Grade 11 student KayLynn Vaughan to demonstrate the actual process of a roadside stop during Smart Grad.

► Students learn consequences of impaired driving from police

Consequences

- Impaired driving is the largest criminal cause of death and injury in Canada, according to Calgary Police
- A first conviction can result in licence suspension and minimum \$600 fine. (Alberta: impaireddriving.ca)

The Calgary police's Check-stop bus made a stop at Bishop McNally yesterday afternoon in an attempt to help students make smarter decisions while driving.

Students were encouraged to visit the bus, where they learned information about going through a roadside stop, were quizzed on their knowledge and even got the chance to try a breathalyzer test.

"It makes a lot of the students stop and think about what can happen when you're drinking and driving," said Const. Jim Lebedeff.

Smart Grad was brought to the school for Safe Driv-

ing Week, which concentrates on impaired driving, speeding and seatbelt usage.

"It's a good way for students to learn that it's not OK to drink and drive, and that there are consequences," said student KayLynn Vaughan.

● YASMIN JASWAL

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Teacher rep slams fee-hike rejection

Scrapping a proposed 60 per cent increase to busing fees for Calgary public students was a political move that did not account for potential classroom impacts, says a local teachers' association representative.

Calgary Board of Edu-

cation trustees voted against the proposed increase to busing fees for kindergarten to Grade 9 students Tuesday night, leaving some speculating that money to close an \$8.8-million transportation revenue gap may come out of classrooms.

"I am disappointed that the trustees have deemed it appropriate to consider losing more staff from the system in this manner," said Jenny Regal, executive director for Calgary Public Teachers. ● METRO

Pit bulls can be adopted, pound says

Many of the pit bulls surrendered to the Calgary Humane Society last month are now ready to be adopted, a release says.

On April 29, peace officers seized more than 30 pit bulls from a northeast home. ● METRO

Military items come to town

Fifty thousand military books and other historical writings arrived at Calgary's Military Museums yesterday afternoon.

The books will become part of the University of Calgary's library archives. ● METRO

Scammers aiming to invade Calgary computers

- Urgency the key to international fraud ploy
- Multiple cases reported to Calgary police



JEREMY NOLAÏS
@METRONEWS.CA

Louise Hickson answered the phone like she had thousands of times before, but this was one call she likely will never forget.

"He said you need to turn on your computer, there's something wrong with your computer," the Calgary resident recalled. "I said no ... and then he started yelling at me."

Panicked, Hickson hung up the phone, but the individual called back twice more. Hickson's friend answered and demanded the caller provide the name of the company he represented. He refused and contin-



► Const. Kathy Macdonald of the cyber awareness department of the Calgary Police Service.

ued to make demands.

"I was freaked out," Hickson said. "Is he around? Is he looking in my house? You don't know," she said.

Const. Kathy Macdonald of the police's cyber awareness department, said similar incidents have been

reported locally.

"They are very aggressive," she said. "What they ask you to do is access a particular website and then they remotely take over your computer."

From there, the scammers can download programs into the computer

Hello?

- Police say callers involved in this specific crime typically have thick accents and call from international numbers.
- Police research has indicated this specific scam has been attempted in numerous countries around the world.

which allow them to monitor keystrokes and access personal information.

Macdonald had spoken with one local woman who fell for the scam and said it's important that others are made aware, to avoid a similar fate.

Looking back, Hickson is relieved she didn't give in to the caller's demands.

"It could have been a lot worse," she said.



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CABINET SHUFFLE

Senate picks spark outrage

The prime minister shuffled the deck but not much appears to have changed with the new federal cabinet, Jack Layton said yesterday.

The NDP leader also said he was taken aback by Stephen Harper's decision to appoint three failed Conservative candidates to the Senate.

"That's a slap in the face to Canadian voters — to say that someone who has lost an election a few weeks ago now has the opportunity of becoming a senator. This is an attack against democracy."

Harper named Larry Smith, Fabian Manning and former cabinet minister Josee Verner to the upper chamber. Smith and Manning had quit Senate jobs to run for the Tories, while Verner lost her seat in the NDP run on Quebec.

THE CANADIAN PRESS

Bernier returns to cabinet

Maxime Bernier, one of only five Tories elected in Quebec, returns to cabinet in a junior role as minister of state for small business and tourism after a three-year exile. THE CANADIAN PRESS

Not enough women appointed?

Ten of the 28 women in the 166-member Conservative caucus have made it into cabinet, but critics condemned that as far too few.

THE CANADIAN PRESS

Harper unveils his biggest cabinet yet

SEAN KILPATRICK/THE CANADIAN PRESS



► In one of the biggest moves, political pitbull John Baird becomes the country's top diplomat as foreign affairs minister, replacing Lawrence Cannon.

- PM sticks with familiar faces
- Flaherty, MacKay stay in posts

It's game on for the Conservative majority government as Stephen Harper announced a cabinet yesterday packed with veterans and some new players.

The prime minister added one position to the team, upping its size to 39 — a third larger than when Harper first took office in 2006, and matching the cabinets of Brian Mulroney and Paul Martin as the biggest ever.

The large roster prompted cries of hypocrisy as Harper's decision to keep a beefed-up bench comes at a time when the government needs to trim billions in government spending to wrestle down

"Any hockey coach will tell you that if a team is going to keep winning over time, it must maintain a corps of veterans and gradually blend in new talent."

PRIME MINISTER STEPHEN HARPER

the deficit.

But Harper dismissed the criticism.

"I think it's important to know when you're talking about austerity, that this government has reduced ministerial budgets significantly," he said.

THE CANADIAN PRESS

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Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 20, 2011. PLEASE QUOTE: "Retail Sales Account Manager - Calgary" in the subject line. All submissions will be treated as confidential.

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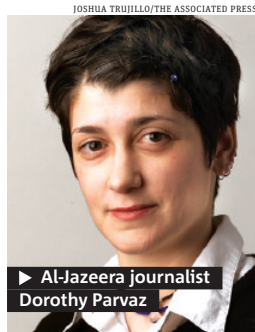
B.C. journalist released after detention in Syria

► Al-Jazeera's Dorothy Parvaz was accused of being a spy ► Damascus has banned most foreign reporters

Blindfolded and handcuffed, Dorothy Parvaz spent a night in a Syrian courtyard listening to the wails of young men being beaten until their voices were hoarse.

It was the first night after the British Columbia journalist was stopped by Syrian officials while travelling to Damascus on assignment for Al-Jazeera's English-language news network.

She had no idea if anyone knew what had happened to her, she said in her first public comments since her ordeal ended Tuesday. "I'm fairly certain



► Al-Jazeera journalist Dorothy Parvaz

(it was) for that purpose, to scare me, and I heard two separate interrogations and beatings," she said in the Doha, Qatar studio interview posted yesterday

on the news organization's website.

The Iranian-born Parvaz was set free on Tuesday, nearly 19 days after being taken into Syrian custody on April 29. She had been deported from Syria to Iran, where she also has citizenship, but no one had heard from her until the day of her release.

Iran had not commented on Parvaz until Tuesday also, when its foreign ministry spokesman said she had tried to enter Syria with an expired Iranian passport and without proper press clearance.

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RYAN TAPLIN/METRO



► Author Jo Stanley poses with a feather boa.

Making waves

► Halifax unveils museum exhibit on gay seafarers



**JENNIFER
TAPLIN**
@METRONEWS.CA

Author Jo Stanley dove into a drag queen's closet yesterday, pulling out ball gowns and feather boas.

Stanley, from Halifax, England, led the media on a tour of a new exhibit at the Maritime Museum in Halifax. It's called Hello Sailor! Gay Life on the Ocean Wave.

Museum curator Dan Conlin said there has been little resistance to the exhibit.

"One chief petty officer said everybody knew there were gay sailors in the navy and nobody ever talked about it, so hats off to you for being brave enough to explore it."

The exhibit is based on the book Stanley co-authored on the history of gay British mariners.

But before bringing the exhibit to Halifax, two oral-history researchers recorded the stories of five local gay sailors — including Frank Letourneau.

He had been in the navy for 13 years when he was forced to resign.

"I was up against a regulation that said if you're gay, you can't be in the forces," Letourneau said. The Canadian Forces changed this policy in 1992.

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Accused sex attacker resigns as IMF chief

► Hotel carpet probed for traces of semen ► Maid has been telling the truth, her lawyer says

In a late-night drama, accused sex attacker Dominique Strauss-Kahn resigned as International Monetary Fund chief.

The news broke just before midnight as Dominique Strauss-Kahn was

under suicide watch in a New York jail.

The IMF board released a letter from him in which he denied the allegations against him but said with "great sadness" he felt compelled to resign.

He said he was thinking of his family and he wanted to protect the IMF.

Earlier, the lawyer for the maid who accused him of assaulting her says he has no doubt his client is telling the truth.

The 32-year-old maid from Guinea says Strauss-Kahn tried to rape her in the penthouse suite of New York's Sofitel Hotel.

Investigators cut out a piece of penthouse carpet in a search for DNA evi-

dence. They believe the carpet may contain Strauss-Kahn's semen, spat out after forced oral sex.

Strauss-Kahn, who is 62, was scheduled for another bail hearing today

THE ASSOCIATED PRESS

Carney to IMF?

► Bank of Canada boss Mark Carney was named yesterday as a possible candidate for the IMF post. He was named by Time magazine as one of the world's most influential men.

Brazil. March



► Fake blood and a crown of thorns.

ERALDO PERES/THE ASSOCIATED PRESS

Showing their pain

Demonstrators used a touch ingenuity to make their point at a march against homophobia in Brasilia, Brazil, yesterday. One wore a crown of thorns. Another painted his face with the colours of the Brazilian flag.

Forget the 'ick factor,' this cancer test can save you

Incidence and death rates for most cancers have stabilized or fallen, Canadian statistics show.

But officials are stepping up a call for the 50-plus crowd to test for one form of cancer in particular in the privacy of their own bathrooms.

"We're starting to win the war with colorectal cancer," said Dr. Jeff Sisler, working at Cancer Care Manitoba in Winnipeg.

The fecal occult blood test and the fecal immunochemical test involve sending a tiny sample of stool to a lab, where technicians can detect trace amounts of blood — a possible sign of colorectal cancer.

Sisler acknowledged the "ick factor" but said the test only needs to be done once every two years, and is not onerous.

THE CANADIAN PRESS

The grim toll

Some facts and figures from Canadian Cancer Statistics 2011:

- An estimated 177,800 new cases of cancer will be diagnosed in Canada in 2011.
- An estimated 75,000 deaths from cancer are expected in 2011.
- Prostate cancer is the most commonly diagnosed cancer in men, with an estimated 25,500 diagnoses this year. About 4,100 men will die from the disease.
- An estimated 23,400 Canadian women will be diagnosed with breast cancer, and about 5,100 will die from it.
- Lung cancer is the leading cause of cancer death.

Source: Canadian Cancer Society

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Advocacy group wants McClown to go

► McDonald's defends mascot against irresponsible marketing accusations

His floppy shoes, painted-on smile and flaming-red hair may be a harder sell to today's kids who are trading in their dolls and trucks for manicures and mobile game apps at ever younger ages.

He also seems out of step with McDonald's Corp.'s new efforts to appeal to adults. The 48-year-old spokes-clown fell flat in new ads this year, according to Ace Metrix, a U.S. group that tracks TV advertising.

And the U.S. government is getting strict on marketing unhealthy food to children. That has both marginalized Ronald as more of a mascot than a product pitchman and landed him in the middle of the bigger debate about food makers' responsibilities in stemming the rise in childhood obesity.

McDonald's says it is proud of the food it offers and that Ronald teaches children to be active.

Critics say it's time to hang up the yellow jumper. A group called Corporate Accountability International plans to ask Ronald to retire at the company's annual meeting today. They say Ronald encourages kids to eat junk food, contributing to a rise in childhood obesity and related diseases such as diabetes.

The group, which campaigned against the Joe Camel cigarette mascot in the 1990s and complained

about Ronald as a role model at McDonald's annual meeting last year, has stepped up its campaign.

It took out full-page ads yesterday in the Chicago Sun-Times, New York Metro and four other papers to call for his head.

The ads, signed by more than 550 health groups and professionals, carry the headline, "Doctors' Orders: Stop Marketing Junk Food To Kids."

THE ASSOCIATED PRESS



► Kids from Ronald McDonald House Toronto celebrate McHappy Day yesterday with founder George Cohon, left, Ronald McDonald, and figure skater Patrick Chan.

FUN AND GAMES

Slapping on a new twist to old toys

The NHL playoffs will be over well before summer is underway, but hockey-mad kids can still get their fix during the warmer months.

Toys and games that offer a new take on street shinny were among those featured during the Hot Toys of Summer event held by the Canadian Toy Association yesterday.

The Slip 'N Slide Water Knee Hockey Rink and SlapSHOTZ, which uses hand-held blades and a soft foam ball, were among the activities offering a mod-

ern twist on the traditional game.

Away from the diamond, Triple Hit Baseball from Fisher-Price allows youngsters to test their swing on balls popping out automatically from its base. For those looking to test their acrobatic skills, there were also brightly coloured Spooner Boards on which to try out spins, flips, slides and wobbles.

Laura Wiese of the Canadian Toy Association said the industry will always offer new twists on old classics, which helps bring kids into new areas of play they might not have tried before. And for cost-conscious parents, Wiese said more than 70 per cent of the toys featured yesterday are less than \$30.

THE CANADIAN PRESS



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New rules on insurance industry worry CEO

Sun Life Financial's CEO says he has serious concerns about widespread regulatory changes proposed for the life insurance industry.

Donald Stewart says those potential regulations, including the second phase of international financial reporting standards and more stringent capital regulations, could have "significant negative unintended consequences."

Proposed stricter capital requirements could be more onerous in a number of jurisdictions, Stewart warned shareholders at the Toronto-based insurer's annual general meeting.

THE CANADIAN PRESS

Designers joining Fay

Tod's Group says the Italian designing duo Tommaso Aquilano and Roberto Rimondi is taking over the women's line at its Fay fashion brand, worn by such stars as Halle Berry and Sandra Bullock.

The pair most recently were designing for Gianfranco Ferré, where they

landed in 2008. Ferré has recently been purchased by a Dubai fashion group, which had indicated it was looking for a change.

Aquilano and Rimondi will present their first collection in September during Milan's Fashion Week for the spring/summer 2012 season.

THE ASSOCIATED PRESS



Baring... Profits

► Bystanders take snapshots as models pose in front of the Abercrombie and Fitch shop in Paris yesterday.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Ab-ercrombie ripped and ready for Paris

Topless male models posed in front of the Abercrombie and Fitch shop on the Champs-Élysées in Paris as part of a promotion for the opening of the U.S. brand's new shop in France. Abercrombie and Fitch Co., known for pricey clothing, said yesterday that international sales helped push it to a first-quarter net income of \$25 million US. In last year's first quarter, the company had a loss of \$11.8 million.

Market moment

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HE SAYS ...

JOHN MAZEROLLE
METRO



That's the only running I'll recommend, though.

Before you get any ideas about "healthy living," keep in mind where the marathon originated: According to Greek legend, passed down by generations of Wikipedia writers, Pheidippides (or Dippy, as his friends called him) ran from a battle to faraway Marathon, cleverly keeping his bearings by staying to the right of numerous orange traffic cones.

Powered only by steely determination and Gatorade tables every three kilometres, Dippy ran without

stopping because, as classical paintings depicting the event illustrate, he wasn't wearing pants. Arriving in Marathon and conveying his final, brave message to his superiors ("They've taken our pants!"), he collapsed and died.

I can confirm the validity of this Marathon legend, too, because I just ran a half-marathon four days ago and I'm definitely half-dead.

So I speak from experience when I say that if you want to run a long race, you should find some-

thing more fun to do, such as unnecessary dental surgery. The Marathon legend actually understates the difficulties, because it leaves out when Pheidippides' skipped beers with his friends on the weekend because he had to train.

My point is that if you take part in a marathon, you are signing up for an event that killed its first participant. It would be like registering for the annual Titanic Ship Race and Iceberg Avoidance Festival.

So I'm begging you not to make the same mistakes I made. I started six years ago, with a full marathon, which is exactly 26 miles, or 7,500 kilometres. It was beyond difficult and only with the finish line in sight did I surge ahead, passing a woman in her late 60s who, judging by her facial expression, may not have been entirely aware she was in a race.

So I finished second-to-last, yet I still enjoyed myself and have been referred to since as The Penultimate Warrior — at least when I'm looking in the mirror and no one else is around.

And therein lies the problem with running. Here I am complaining about it, but I CAN'T STOP. It's a gruelling, painful, sometimes demoralizing experience and, yet, there's something when you're running that tells you it's one of the best things you've ever done.

And if you start, well, I can't be held responsible for what happens. Keep a close watch on your pants.

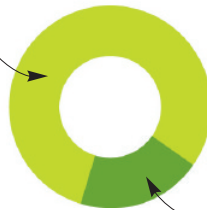
Read more of John Mazerolle's columns at metronews.ca/hesays



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Do you think taking nutrient supplements trumps nutrients from food?

80%
NO, NATURE KNOWS BEST



20%
YES, FOOD IS ALL GENETICALLY MODIFIED THESE DAYS

Worth mentioning

SAO PAULO, Brazil. A 114-year-old Brazilian woman is the world's oldest living human, Guinness World Records said yesterday.

Maria Gomes Valentim attributes her longevity to eating a daily roll of bread for breakfast along with fruit — though she indulges in the occasional nip of wine.

Guinness said Valentim, aged 114 years 313 days, is 48 days older than the person previously considered the world's oldest human, Besse Cooper from Monroe, Ga.

Cooper now holds the title of the oldest living North American.

Guinness verified that Valentim was born July 9, 1896, in Carangola in the southeastern state of Minas Gerais, where she has always lived.

Known as Grandma Quita, Valentim's family says she has a stubborn streak and has always made a habit of minding her own business.

Guinness said it has received several claims for potential "super centenarians" — but none before were ratified because of a lack of evidence or documentation. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



STEPHEN HARPER UNVEILS HIS CABINET

WEIRD NEWS

An artist in sheep's clothing?

An artist known for his large-scale projects says his proposal to put silvery, luminous fabric panels over the Arkansas River won't hurt bighorn sheep.

The panels in Christo's project would span eight sections along a 64-kilometre stretch of the river between Salida, Colo., and Canon City and require drilling anchors. The project is expected to take two years.

Colorado wildlife commissioners voted to send a letter to the U.S. Bureau of Land Management expressing concerns over how the project would affect the sheep, according to the Pueblo Chieftain.

Christo says protecting wildlife and the environment is important and he will address the concerns that were raised.

His ideas have hit resistance before.

The Gates in New York's Central Park was rejected by three city administrations before Christo's friend Michael Bloomberg was elected mayor. The 7,503 fabric panels of The Gates were installed in 2005 under Bloomberg's tenure.

THE ASSOCIATED PRESS

2
scene

Scene in brief

Canadian chanteuse Celine Dion gives fans a peek into her home and work life in a new TV special that's set to air next month. Celine: 3 Boys and a New Show is slated for broadcast on OWN: The Oprah Winfrey Network on June 26.

THE CANADIAN PRESS



A man, a van, an idea: Cannes in a Van parks indie film on the French Riviera
Scan code for story.

Spring for us, but it's fall for fashion

► Alberta Fashion Week gives designers like Nicole Rita Tomney a chance to show off new looks for fall ► Preparations go right down to the wire

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY



Believe it or not, fall fashion week is already here. It's hard to imagine since the city's patios have only started to open. But, when it comes to fashion, being ahead of the game is what makes or breaks you.

No one at year knows that better than Nicole Rita Tomney, a.k.a. NRT. She's shown twice before at fashion week, and each time the process of getting ready for the event is relentless. She does everything from the sketches and patterns to sewing and styling.

"Your collection must be ready to go down the runway — all your sewing finished and everything up to standard for people to see your work," Tomney says. "Then there are things like choosing models, getting hair and make-up, finding shoes, and accessories. The final prep includes making sure all the right people are there to see your show."

Since debuting at Alberta Fashion Week in the fall of 2010, NRT Fashions has received orders from all over the world.

"(They find me) through the Alberta Fashion Week website," Tomney says. "I have also had the privilege of having my clothing in Mealan's clothing store, which came about by her seeing my show at Alberta Fashion Week. So it is a really great way for buyers



► Nicole Rita Tomney takes a final look at the collection showing tomorrow night in Alberta

and media to see your collection."

Friday's show is at the Nat Christie Centre (141 18th Ave. SW). "It will be half women's wear and half men's. You can expect

a lot of wool and heavy blacks and grays. Dirty, grungy, biker, and layers would be the best words to describe my new collection."

To experience the run-

way shows, tickets are available from albertafashionweek.ca. They start at just \$28, and will also get you a discount for the after-party being held at Theatre Junction.

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Final farewells

► Hollywood's biggest stars, 13,000 fans come to Chicago to say goodbye to Oprah

Oprah Winfrey wiped away tears as celebrity after celebrity surprised her during a farewell double-episode taping of The Oprah Winfrey Show that will precede her finale.

"Thank you is not enough, but thank you," Winfrey told the crowd of 13,000 gathered at Chicago's United Center on Tuesday night for Surprise Oprah! A Farewell Spectacular. "For your love and your support, thank you."

The crowd gave Winfrey a standing ovation when she first walked on the stage. Then the stars came out, with Winfrey's producers making good on their promise of the biggest celebrities of movies, music and television.

Aretha Franklin sang Amazing Grace. Tom Hanks acted as host for the evening. Michael Jordan, who led the Chicago Bulls to six NBA championships during the 1990s, told Winfrey she inspires him.

Tom Cruise, famous for his couch jumping on Winfrey's show, was there. Jerry Seinfeld wore a tuxedo to give a comedy routine. And Madonna said she is among the millions of people who

"It really does amaze me that I get to be around a woman who changes people's lives every day and who also takes her own lunch to work."

STEDMAN GRAHAM, OPRAH WINFREY LONGTIME PARTNER

are inspired by Winfrey.

"She fights for things she believes in, even if it makes her unpopular," Madonna said.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years. Tuesday's taping will air May 23 and 24, before Winfrey's final show on May 25.

"You always had the power, and that is the message you brought into our lives," Cruise told Winfrey.

The show highlighted Winfrey's charity efforts over the years. About 300 Morehouse College scholarship students walked along the United Center aisles as Kristen Chenoweth sang For Good from the musical Wicked. Grammy winner John Legend was beamed in from a New Orleans school and Winfrey's book club was lauded for getting millions to read.

Josh Groban and Patti LaBelle sang Somewhere Over the Rainbow as Winfrey sat

in a white chair onstage.

Jamie Foxx and Stevie Wonder sang Isn't She Lovely to Winfrey. Wonder followed with his own song, singing to her, "Oprah thank you for using your gifts to uplift so many hearts."

Simon Cowell made an appearance; Rosie O'Donnell sang a Broadway-style song. **THE ASSOCIATED PRESS**



► Madonna, right, hugs Oprah Winfrey as she appears during a star-studded double-taping of Surprise Oprah! A Farewell Spectacular.

More stars galore

- The taping of the second show began with Will Smith and his wife, Jada Pinkett Smith, who thanked Winfrey and told her she mothered millions and "that puts you in the status of a goddess."
- Actresses Halle Berry, Queen Latifah, Katie Holmes and Dakota Fanning all appeared, along with newswoman Diane Sawyer.
- Beyoncé sang her song Run the World (Girls) backed by dozens of dancers.
- "Oprah Winfrey, because of you women everywhere have graduated to a new level of understanding of who we are, of what we are and most of all who we can be," Beyoncé said.



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'I've got to do something different': Baldwin

In a recent episode of 30 Rock, Alec Baldwin's character, Jack Donaghy, went through a kind of midlife crises, splitting into four alternate versions of his self.

One, "sideways Jack," chastised Donaghy for allowing an intended six-month stop in TV to turn into five years, leaving him stalled and no longer a "shark."

"You don't even know what a shark is anymore!" exclaimed the alternate Donaghy.

The episode played artfully with Baldwin's own career ambitions, which didn't include sitcom stardom until Tina Fey's 30 Rock came along.

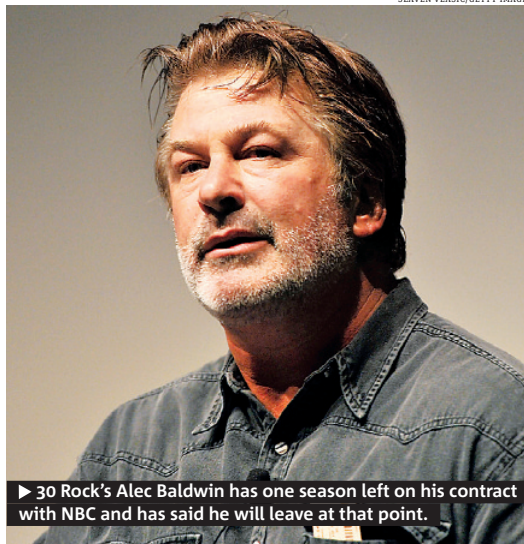
Now, though, Baldwin is

contemplating his exit from 30 Rock. He has one season left on his contract with NBC and has said he will leave at that point.

"That's pretty much all I think about right now," said Baldwin in a recent interview.

"To finish the show, I'm going to do this year then start thinking about what I want to do next. It's the big question. It's been a great experience, and I've loved doing the show. It changed my life. I'll never have it this good again, I know that. But I know that I've got to do something different, try something different. I don't know what that's going to be."

This summer, Baldwin



► 30 Rock's Alec Baldwin has one season left on his contract with NBC and has said he will leave at that point.

No politics

- Alec Baldwin has an interest in politics and regularly blogs for the Huffington Post. But because the top New York State offices are safe Democratic seats, he doesn't want to run for office in his home state.
- "It would be easier for me to run if I moved — California or Connecticut or somewhere. And I'm not prepared to do that right now," he says.

will be shooting Woody Allen's next film, to be shot in Rome, as well as the big screen adaptation of the Broadway musical Rock of

Ages and the indie drama Hick. Though Baldwin, 53, worked primarily in movies before 30 Rock and has since worked in such films as 2009's It's Complicated, he says he won't necessarily return to that path.

"When I go back into the world to go to work, I don't know how likely I would be to (make movies). This is something I can't answer now," says Baldwin.

"But if I want to do something after that, I don't know if that would be another series on television — I doubt I would do that. Just to go to work, maybe I would do films again. But it's difficult because films are hard."

THE ASSOCIATED PRESS

Brown rakes in BET Award nominations

► R&B singer gets six nods, while rapper Lil Wayne earns five of his own

Last year at the BET Awards, Chris Brown performed an emotional tribute to Michael Jackson. It marked the beginning of a comeback for the embattled pop star.

This year, Brown is the top contender at the award show with six nominations.

Brown is up for best male R&B artist, viewer's choice and video of the year for *Look at Me Now*. He's nominated twice in the best collaboration category for his No. 1 R&B hits *Deuces*, featuring Tyga and Kevin McCall, and *Look at Me Now*, with Busta Rhymes and Lil Wayne. Brown is also nominated



► Chris Brown leads the pack with six BET Award nominations.

for best actor for his role in the heist thriller *Takers*.

Lil Wayne follows Brown with five nominations. Three of Lil Wayne's nominations come from his

guest appearance on Brown's *Look at Me Now*; Lil Wayne is also up for best male hip-hop artist and viewer's choice for *6 Foot 7 Foot*.

Kanye West, Drake and Rihanna are up for four awards each.

Other nominees for video of the year include Willow Smith's *Whip My Hair*, West's *Runaway*, B.o.B's *Airplanes*, Keri Hilson's *Pretty Girl Rock* and Marsha Ambrosius' *Far Away*. Willow is also up for best new artist and the YoungStars award. Nicki Minaj, Bruno Mars, Trey Songz, Cee Lo Green and B.o.B also received multiple nominations. Alicia Keys will perform and comedian Kevin Hart will host the award show. It airs live on June 26 from the Shrine Auditorium in Los Angeles. **THE ASSOCIATED PRESS**

Green says he has no plans of leaving his band Alexisonfire

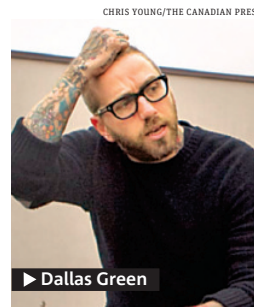
Dallas Green says that despite his burgeoning solo career, he still sees himself returning to sing for Alexisonfire eventually.

"Yeah, I mean, that's kind of always how we've been," Green said Tuesday during an interview.

"(It's) just sort of back and forth, and we all take breaks and do our own thing, and sort of revisit (Alexisonfire). And as long as the ideas are there, then we'll continue, you know?"

Green is set to release *Little Hell* — his third album under the name City and Colour — on June 7.

Each of his first two solo records were certified platinum in Canada, and Green now appears poised for an international breakthrough as well. He just recently headlined a gig at London's storied Royal Albert Hall and has been included in



the lineup for several major U.S. summer festivals, including Lollapalooza, Austin City Limits and the Sasquatch Festival.

Alexisonfire's last album was 2009's gold-selling *Old Crows/Young Cardinals*.

Green says he's still committed to continuing to sing for Alexisonfire, but does he foresee a time when he'll have to put the project aside to focus on his solo work?

THE CANADIAN PRESS



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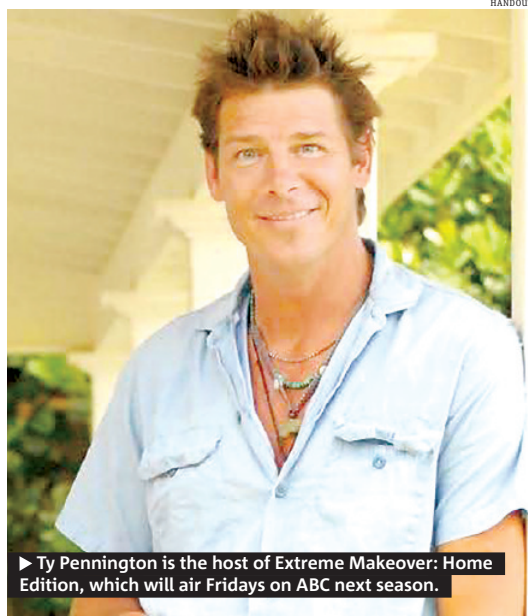
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Comic Mischief

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► Ty Pennington is the host of Extreme Makeover: Home Edition, which will air Fridays on ABC next season.

‘Big swings’ in store for ABC next season

► Network introducing 13 new series

Fairy tale figures, 1960s era stewardesses and men who dress up as women to get a job are featured in 13 new television series that ABC is introducing next season, along with proven performers Tim Allen and Charlie's Angels.

With familiar hits like Grey's Anatomy and Desperate Housewives aging, new ABC Entertainment President Paul Lee said he looked for a mix of ambition and comfort in the first new season schedule he presented to advertisers on Tuesday.

"I think we have a lot of big swings," Lee said.

Sunday may be his bold-est step. Lee shifted Extreme Makeover: Home Edition to Fridays to present three dramas that all inhabit unique worlds. Two are new and Desperate Housewives is returning.

Once Upon a Time will draw comparisons to Lost with its mixture of real and imaginary worlds, and is from two producers who worked on that series. The new one is based on a 10-year-old boy who believes his mother is Snow White and Prince Charming's missing daughter.

Pan Am evokes Mad Men as a sexy throwback to the 1960s, with stewardesses and pilots replacing ad executives.

ABC is looking to Allen to open a new night of comedy on Tuesdays. The former Home Improvement star hawks sporting goods this time instead of tools, but in Last Man Standing he struggles for his footing in a home full of women with his wife and three daughters.

The Dancing With the Stars results show will air on Tuesdays, but between cycles of that competition ABC will air four comedies on Tuesday evenings.

They will include the existing Cougar Town, which won't reappear until mid-season.

Two men who dress up as women to get jobs as pharmaceutical reps are the focus of the comedy Work It, which doesn't appear until midseason. Lee called the rock-'em, sock-'em action "pure candy."

The remake of Charlie's Angels is scheduled for Thursday nights, with Minika Kelly, Rachael Taylor and Annie Ilonczeh as the stars.

THE ASSOCIATED PRESS

Combat Hospital set to debut in June

Combat Hospital, a TV drama inspired by a medical unit in Afghanistan, is set to launch June 21 on Global.

The network's summer lineup, announced yesterday, also includes the return of the Toronto-set cop show Rookie Blue on June

23, an encore presentation of The Kennedys miniseries on July 4 and the launch of the new reality series Canada Sings on Aug. 10.

Combat Hospital, formerly called The Hot Zone, tells stories of doctors and nurses from Canada, the

U.S. and the U.K., and stars Elias Koteas (The Curious Case of Benjamin Button) and Michelle Borth (Hawaii Five-0). It's currently shooting in Toronto.

Canada Sings pits workplace glee clubs against one another and features a judging panel that includes

singer Jann Arden, Pierre Bouvier of Simple Plan and Rob Van Winkle, also known as Vanilla Ice.

Global's lineup also features the return of Wipeout on June 21 and a new season of Big Brother beginning July 7.

THE CANADIAN PRESS

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<p>XYIENCE XY-Mass Weight Gainer 5.6 lb - Reg. \$79.99 Hot Buy: \$55.99 Save: \$24.00</p>	<p>Optimum Nutrition Gold Standard 100% Whey Protein 908 g - Reg. \$49.99 Hot Buy: \$24.99 Save: \$25.00</p>	<p>Optimum Nutrition Gold Standard 100% Casein Protein 908 g - Reg. \$62.49 Hot Buy: \$39.99 Save: \$22.50</p>	<p>GNC Pro Performance Maximum Whey Protein 2.27 kg - Reg. \$69.99 Hot Buy: \$49.99 Save: \$20.00</p>
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Mother of Arnold's love child revealed

► Housekeeper believed to be his other woman ► Kid could be a teenager

The former employee who had a child with Arnold Schwarzenegger has reportedly been identified as housekeeper Mildred Baena, according to Radar Online and Star magazine.

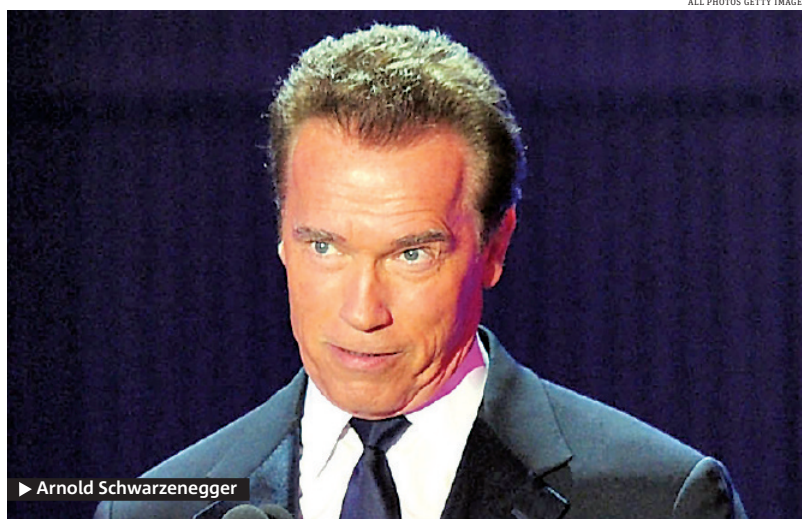
"She's the one," a source confirms.

Baena reportedly worked for Schwarzenegger and estranged wife Maria Shriver for 20 years before retiring in January.

The child in question is believed to be around 14 years old. Schwarzenegger's youngest child with Shriver is 13.

Arnold and Shriver recently announced their divorce.

● METRO



► Arnold Schwarzenegger

ALL PHOTOS GETTY IMAGES

Leo already moving on

Leonardo DiCaprio may already be moving on from Bar Refaeli with his potential Great Gatsby co-star, Blake Lively, according to Hollyscoop.

DiCaprio entertained Lively — along with Steven

Spielberg and Lukas Haas — aboard a private yacht off the coast of Cannes, and the two looked very chummy in photographs of the get-together.

The pair have also been spotted out together sever-

al times in the last few weeks.

Lively previously dated her Gossip Girl co-star, Penn Badgely, though the pair split after a rocky road last year.

● METRO

Talking points

Chaz Bono defends Mom on his decision

NOT QUITE THE SAME AS LEBRON'S DECISION Chaz Bono understands his mom Cher's reluctance to accept his decision to undergo sexual reassignment surgery, he tells Popeater.

"I think she was surprised. I think she didn't expect people to be able to handle it as well as they have," Bono says. "I really thought that we had come farther than I think my mom did. I think that's probably just a generational thing." ● METRO

Penelope Cruz wants to hide son from press

UGLY BABY? Penelope Cruz is hoping to keep her newborn son, Leonardo, as far from the limelight as she and husband Javier Bardem can, she tells Vogue.

"I want my son — and my kids if I have more — to grow up in a way that is

Celebrity tweets



"Cannes :) so peaceful here! Beautiful and chill. Gonna work now though.. And Later the premier of Jodie Fosters new film"

@BarRefaeli



@PSchwarzenegger

"some days you feel like s---, some days you want to quit and just be normal for a bit, yet i love my family till death do us apart."

@SteveMartinToGo

"Spanish Conquistadors have just claimed my lawn for Spain. Though haven't worn this chest plate in ages, THIS WILL NOT STAND."



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as anonymous as possible," Cruz explains. "The fact that his father and I have chosen to do the work that we do, doesn't give anybody the right to invade our privacy." ● METRO

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by JUSTIN CRONIN

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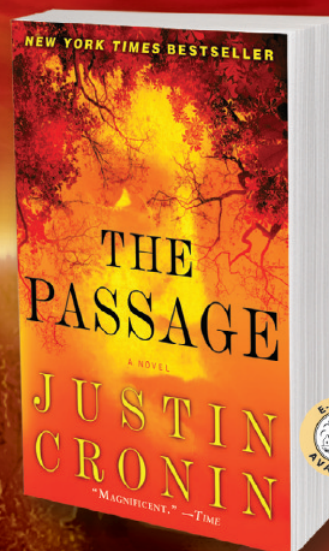
—O: The Oprah Magazine

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—National Post

"Deeply satisfying."

—Men's Journal



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Mastering tonal dressing

► Shake things up for summer by ditching the black and experimenting with lighter, summery neutrals instead. ► Here's how.

An outfit of head-to-toe black may be practical for city living, but it can also be a predictable snore. If you're prone to monochromatic dressing, try changing up the shade for a little variety.

This tonal look that we spotted on Isabella Viscam is a light and fresh take on the urban uniform. The key to pulling this off is playing with the subtle varieties in shades of tan and beige. ● KENYA HUNT

Remix her style



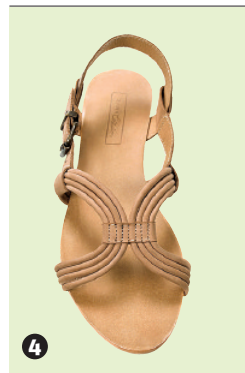
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6

1 CURRENT/ELLIOTT
denim jacket
\$265, netaporter.com

2 MAR Y SOL

tote
\$100, shopbop.com

3 ASOS
skinny trousers
\$54, asos.com

4 ZARA

flat sandal
\$50, zara.com

5 MANGO
blouse
\$80, mango.com

6 J. CREW

scarf
\$55, jcrew.com

3

life

Beauty pick

Lip balms that won't stick

It's officially time to swap out the sticky lip glosses for lighter lip treatments that won't melt on the beach.

Fresh's lip balm gives the most subtle wash of color along with natural, hydrating ingredients.



● KENYA HUNT

FRESH

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\$23, sephora.com



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I'm cleaning out my closet

► If the shoes — or jacket or jeans — don't fit, don't give them any real estate in your current collection

Any way you hang it, that strong-shouldered jacket from the 1980s is never going to quite look like the '80s-inspired jackets popular now. Same goes for the '70s maxi and slinky disco-style dresses.

That means the time has likely come to get rid of them.

Think of this as a time to clear your closet — cleaning and updating in one fell swoop — by strategically paring down your wardrobe, making a few new additions and finding shelf space for those items that truly are timeless.

Even something as simple as knit leggings, a staple now, were a fashion "don't" a decade ago. They could go into hibernation again. And, chances are, anyone who kept their stirrups from the Culture Club-era still can't make those look modern.

Adam Glassman, fashion director at O, The Oprah Magazine, says anything you haven't worn in two years should be boot-ed from the valuable closet real estate. He used to say one year, he explains, but he is allowing for a little more flexibility in size fluctuation, popular colours and immediate trends.

After that, though, the items — unless they're expensive, top-tier designer pieces in beautiful fabrics with precision cuts — should go. It's romantic to think that other items, even pricey ones, could wear that "vintage" label someday, but, in reality, few things do.

"Very high-end stuff, like (French design label) Balmain, you can save that because, eventually, it could be a collector's item. I have friends who hold on to Prada like that," says Glassman. "But that's a small percentage of what's



► Melanie Facitelli of Clos-ette has found that people have a harder time letting go of accessories than clothing.

Pretty put-aways

How to store the sentimental items:

- Professional closet designer and organizer Melanie Fascitelli says to put clean items in breathable garment bags, which limit discoloration, and throw in lavender sachets, which act as an antiseptic and bug repellent.
- Fascitelli also created the Clos-ette Too line of storage products. Store these bags in a humidity-controlled location.

so rapidly, a look is going to change and your look is going to change."

She advises a "classic wardrobe with punches of personality," including a trench coat that, if it's not a Burberry, is made in the brand's spirit, in a neutral colour, and a tailored and trim silhouette; pencil skirts and pencil black pants; and shift and sheath dresses.

Conlin puts a white blouse or man-tailored button-down on the list, but Glassman warns that those can be tricky to keep because, even protected in the closet, they'll yellow over time.

They do agree that keeping traditional handbags, clutches and totes, for instance, and high-heel pumps (probably just the round-toe ones) makes sense as long as they're in good condition. Heavily embellished accessories, however, might be perfect donations for a little girl's dress-up box.

THE ASSOCIATED PRESS

out there. You don't need to save H&M, Gap, Zara."

Most closets are cluttered with stuff that hasn't seen the light of day in a very long time, says Jackie Conlin, a personal style consultant in San Francisco. "Timeless pieces are real gems," she says. "I like the idea of timelessness, but the way things change

The tide is high

► Comfort rules among these board shorts and soft, sun-washed tees, while a coolness is also captured

Bloomingdale's and its partner menswear designers are riding the wave of surf-inspired fashion, fun and quirky apparel and accessories to many of its stores while raising money for ocean conservation efforts.

Surfer style for years has gone beyond the beaches; it's a relaxed, carefree vibe appealing to bona fide boarders as well as the wishful thinkers.

1



3



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5



4



1 ALTRU SURFRIDER TOP

bloomingdales.com

3 PAUL SMITH TEE

bloomingdales.com

5 GITMAN BROS. TIES

bloomingdales.com

2 SURFRIDER HOODIE

bloomingdales.com

4 SEA BAGS TOTE

bloomingdales.com

THE ASSOCIATED PRESS

Hair aware

THE KIT

Uncommon scents

We love an in-salon colour treatment as much as the next girl, but could do without the fumes that go with it. L'Oréal Professionnel hears our pleas and launches INO A, an ammonia-free, odourless system that lets you lighten, darken or just cover greys. From \$40; inoa.ca

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Add a bit of bling to your updo with gem-encrusted pins. For a hint of shimmer, use one or two. To fake a statement piece, cluster several pins together. Bobby Pins, \$20/pair, bananarepublic.com

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10 ways to celebrate Victoria Day



**KELLY
PUTTER**
LIFE@METRONEWS.CA

Canadians love the Victoria Day Weekend and no wonder. It's the unofficial start to summer, which has been a long time coming this year. The holiday weekend offers an exciting and diverse line-up of things to amuse both young and old. Don your shorts and sunglasses... and let's get started.

Fort Calgary

Come see why the heart of Calgary is red — as the 138th birthday of the North West Mounted Police is celebrated. Join revellers on May 23 in a ceremonial cake cutting, and if you're one of the first 138 visitors, you'll get a piece of cake. Activities include live entertainment, crafts, games, face painting and much more.
fortcalgary.com

Heritage Park Historical Village

Celebrate the long weekend with a journey back in time. Enjoy a horse-drawn wagon ride, the thrill of an antique midway or take a ride on a steam train. Vic-

toria Day afternoon tea is on from noon to 2 p.m. Get there early on May 23 as the first 500 guests will be treated to free pancakes.
heritagepark.ca

Calaway Park

Kick off the Victoria Day weekend at Western Canada's largest outdoor family amusement park. Operating on 100 acres, the park has a collection of 32 rides, including those for thrill seekers. It features numerous attractions plus top-notch live entertainment.
calawaypark.com

Butterfield Acres

Get back to nature at this hands-on farm and petting zoo for kids and families. Hunt for freshly laid eggs, ride a pony or a tractor and watch goat-milking.
butterfieldacres.com

Shakers Family Fun Centre

Put some F-U-N into your weekend at Calgary's largest year-round amusement centre. Attractions include go-karts, mini golf, laser tag, a climbing tower, a multi-level indoor playground and water-balloon wars. The arcade has

more than 50 games.
shakerscalgary.com

TELUS World of Science

Experience Titanic: The Artifact Exhibition, a powerful exhibit that's been seen by more than 22 million people worldwide. Also, don't forget to take in the Creative Kids Museum, where kids learn during Titanic-themed activities explaining buoyancy, sea smells, maps and icebergs.
calgaryscience.ca

Charlie and the Chocolate Factory

The delicious fun of Willy Wonka's Chocolate Factory awaits you in this Stage West production. Join Charlie Bucket during his adventurous tour of the magical chocolate factory on May 21.
stagewestcalgary.com

Canadian West Open — Volleyball Canada

Serve, set, pass, attack, block, dig — come watch the volleyball champions rule the floor as they do all of that. The event is expected to draw 4,200 athletes and 1,200 coaches for a total of 280 teams over the Victoria Day weekend.

Metro's pick



SCOTT OLSON/GETTY IMAGES

► See more than 1,000 animals from around the world at the Calgary Zoo.

Let's go to the zoo

Calgary Zoo

Trek through the gorilla's rainforest, watch

the hippos swim or climb the Canadian Wilds for a grizzly bear encounter — there are more than 1,000 animals from around the world here. Finish

your world tour with a trip back in time in the Prehistoric Park or just chill in nearly six acres of the Botanical Gardens.
calgaryzoo.org

albertavolleyball.com

Dinosaur Provincial Park

See some of the most extensive dinosaur bone

fields in the world at this 18,000-acre site east of Calgary. Thirty-five species of dinosaurs have been unearthed here, along

with the skeletal remains of crocodiles, turtles and flying reptiles.
westerncanadatravel.com/alberta

Mix up some summer fun

Picture this: Sandy beaches, the bluest sky and ocean waves gently caressing the shore. Alas, the only surfing you're doing this summer involves a computer and an ergonomically incorrect office chair. Luckily, you don't have to jet off to Tahiti to unwind. Stir up these simple recipes for four delish drinks that will have you cha-cha-chasing the night away with your honey before you can say "Copacabana."

Pear-Poire

Ingredients:

- 6 parts pear-flavoured vodka
- 1 part fresh lemon juice
- 2 tsp sugar
- 1 small ripe pear, peeled, cored and cut into 1/4-inch slices
- 1 bottle sparkling mus-

cat (or other sweet sparkling wine)

- Crystallized ginger for garnish

Preparation:

In a pitcher, combine the lemon juice, sugar, pear and vodka. Stir well to combine, until sugar is dissolved. Pour into six champagne flutes. Fill each glass with muscat and garnish with crystallized ginger.

Mango and Passionfruit Daiquiri

Ingredients:

- 1 oz. white or coconut-flavoured rum

- 15 mL (1/2 oz.) mango purée (or half a ripe mango)
- 15 mL (1/2 oz.) passion-fruit purée (or strained passion-fruit flesh)
- 15 mL (1/2 oz.) fresh lime juice
- Sugar to taste

Preparation:

Mix all ingredients together in a shaker. Fill with cubed and crushed ice; shake vigorously until chilled. Double-strain into a chilled cocktail glass. Garnish with a slice of ripe mango and half a passionfruit.



TORSTAR NEWS SERVICE

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Watermelon Jalapeno Mojito

Ingredients:

- 45 mL (1 1/2 oz.) rum
- 2 tsp sugar
- 60 mL (2 oz.) fresh watermelon juice (or 1 chunk of watermelon, muddled)
- 1/2 lime, cut into 8 small pieces
- 12 fresh mint leaves
- 1/4 jalapeno, sliced and seeds removed

Preparation:

Drop jalapeno and lime into glass. Muddle with mint leaves. Cover with sugar; top with ice. Add rum and top with watermelon juice. Stir well and garnish with a mint, jalapeno slice and watermelon slice.

Lighting up the night sky — safely

The safest way to enjoy fireworks this May 24th weekend is to enjoy a public fireworks show. At the same time, "we know people are going to deal with fireworks and we want to make sure they're doing so safely," says Valerie Powell, a spokesperson for the Canada Safety Council.

"From a safety perspective, we recommend people not discharge fireworks at home, but we know not everybody will adhere to that."

If you do decide to have your own fireworks display, here are some safety tips:

- Don't smoke near fireworks.

- Set up your display in an open, level space away from spectators (check that the wind is blowing away from spectators).
- Ensure that you have a bucket of water, a pail of sand and a fire extinguisher with you, as well as a cellphone in case you need to call 911.
- Don't give sparklers to children under eight. Sparklers burn extremely hot and are usually shaken or moved around a lot, so the potential for burns and accidents is greater. Be sure to immerse them in a pail of water once they're out.
- Contact the local fire department to learn the regulations on discharging fireworks in your municipality.



GETTY IMAGES

• KELLY PUTTER



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GORM Shelving unit \$39⁹⁹

GORM Shelving unit \$39.99. Solid untreated wood. Includes 4 adjustable shelves. Max load/shelf 50kg (110lbs). W78×D55×H174cm.



HÖSTÖ plant pot \$12⁹⁹

HÖSTÖ plant pot \$12.99. Powder coated, galvanized steel. Weather resistant and durable. Ø37×H30cm.



ÖSTLIG plant pot \$39⁹⁹/ea.

ÖSTLIG plant pot \$39.99/ea. Plastic. Lightweight, weather resistant. Ø32×H50cm.



ÖSTLIG plant pot \$32.99. Plastic. Lightweight, weather resistant. 37×37cm.



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SKÖRD plant pot \$49⁹⁹/ea.

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Fixing those home flaws

► A few simple tricks can help you decorate around the undesirables in your apartment or condo

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

It seems that these days there are many things added or included in condos that we never see in the floor plans or models suites when making the decision to purchase or rent.

Surprise bulkheads, oversized air intakes, oddly divided windows and unattractive sliding closet doors are just a few.

I've lived in many rental apartments and owned a few condos in my day that gave me surprises as such.

Here's a few decorator touches you can do to make your place feel up to par with your urban lifestyle.



Bulkheads

The rule of decor is to paint the bulkheads the same colour as the walls below.

This will make your ceiling appear taller and blend the bulkhead into the room's decor.

If you have a bulkhead that runs over the bed wall then choose a lower style headboard as the visual drop of the bulk will create area to begin with.

When placing bookcases on a bulkhead wall remember to keep them lower than taller and hang your artwork a few inches lower than normal to create a taller distance between the top of art and the low bulk.



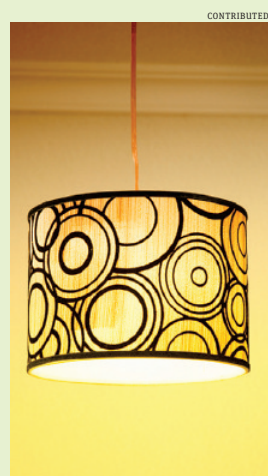
Sliding closet doors

Cheap doors can be painted the same colour as the walls or wallpapered.

By painting them the same colour as the walls you will make your room appear larger by showing more wall colour.

Wallpapering outdated faux woodgrain doors is a great way to add a punch of colour or pattern to your space.

You can exchange the old doors with new ones; mirrored doors will help open up the space and reflect more natural light, while custom sliders can add architectural flair to a boring or boxy room.



Cheap light fixtures

Take down and exchange outdated or cheap builder/landlord lighting.

Adding character lighting to your space is one of the best ways to get a custom look.

Remember to have them professionally removed and exchanged so to meet all building electrical codes and keep old light fixtures to replace when you move out.

Be dramatic with the new ones you choose or be practical; track-style lighting adds drama and a modern-style ceiling fan in the bedroom are practical choices that can look much better than what you moved into.



Wall-hung air control units

Usually positioned in the middle of the wall, they can offset the centre of the wall when positioning artwork.

The best trick to incorporate a wall of many small pieces of framed art (think a wall of family photos) where the climate control box can sit uncovered without standing out too much.

For an upgrade, you can also replace the box with more attractive-looking ones.

You'll find them in the special order section of the home building stores.



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LEE REICH/THE ASSOCIATED PRESS

► Dame's rocket has a lot going for it. Besides being pretty and scented, the flowers bloom for weeks and weeks.

Scented dame's are intoxicating

- In the wild or in a garden, pretty
- Scented dame's rocket has power

Dame's rocket is now blanketing the dappled shade of woodlands and roadsides with its white, mauve or purple flowers. Its sweet scent is especially pervasive on late spring and early summer evenings.

You might think dame's rocket (*Hesperis matronalis*) is a native plant; it can be seen, after all, in Quebec, in Georgia, in almost any state. But dame's rocket is a native of Europe and western Asia that early on was cultivated in American gardens, then escaped to find a happy home in the wilds of eastern North America.

FAMILY ASSOCIATIONS

Dame's rocket also might be mistaken for phlox. Both have sweetly scented flowers in similar shapes and colours, and the flowers of both plants are held clustered atop 60- or 90-centimetre-high stalks. Look more closely, though, and you'll find that phlox flower parts are in fives. Dame's rocket, in contrast, has four petals. And they are in the shape of a cross, which is a giveaway for members of the cabbage family.

That cabbage association is how the "rocket" got into the name. Many cabbage relatives have this in their name; it's derived from the Latin "eruca" for cabbage-like plants. The now familiar vegetable arugula — also cabbage kin — has also been called rucola or rocket. And if you think it odd that a relative of cabbage should have a sweet scent, take a whiff of sweet alyssum.

AN OLD-FASHIONED FLOWER

Dame's rocket has a lot going for it. Besides being pretty and scented, the flowers bloom for weeks. Judging from where the plants have happily settled, they obviously tolerate cold and shade. They

Getting started

There are a few ways to get dame's rocket into your flower garden.

- **Buy them** Plants or seeds are sometimes available commercially. If you ever do come across plants of one of those double-flowered dame's rockets, the way to multiply them is by taking cuttings.
- **Find them** Wild plants obviously make abundant seed every year, so why not mark a few outstanding plants and collect seed from them?
- **Transplant** Another possible way to get started with dame's rocket is to transplant just a few wild plants into the garden, then coddle them for a couple of weeks with water and extra shade until roots settle.

even tolerate dry shade, with some sacrifice to how long they bloom. And pests? None to speak of.

Dame's rocket was once a popular garden plant.

Perhaps it is now so rarely cultivated because it is so abundant in the wild. Also, dame's rocket is a biennial: Individual plants grow leaves their first year, flower the second, then die. What nursery would sell a plant almost guaranteed to die at the end of its second year?

Being a biennial should not discredit dame's rocket, though, because it is also self-seeding. A planting eventually develops an on-going population. The only glitch is if you start with dame's rockets having double flowers.

Seedlings of these double-flowered sorts revert to single forms, so your planting would flower every year, but the flowers would eventually all be single.

THE ASSOCIATED PRESS



When painting is this simple, it's easy to get a bit carried away.



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Hardening not hard as it seems

► It's time to move those seedlings outside for planting ► Here is how you can make it painless

DIY IDEAS

The May long weekend usually signals it's time to move seedlings that have been growing indoors outside into planters and gardens.

This process is called transplanting. Before transplanting, it is wise to harden your plants to ensure they take to their new environment. DIY Network Canada's *Desperate Landscapes* (weekdays at 8:30 p.m. ET/5:30 p.m. PT) offers a guide to hardening and transplanting.

Harden Up

Seedlings that were grown indoors under artificial light or on a window sill need to be acclimatized to the outdoors to ensure they

continue to thrive in their new, harsher conditions.

This process is called hardening and is very simple. After the last frost, begin to place your seedlings outdoors for two to three hours at a time during the day.

Place them in a shady area that is protected from wind. Continue this for three days. After the third day, leave the plants outside for longer periods of time gradually building up to 10 hours. By day seven, seedlings can receive direct sunlight. Remember to bring them indoors every night. After two weeks, the seedlings are ready to be transplanted.

Transplant Away

Transplanting should be done on a cloudy day in the late afternoon to give the

plants time to adjust to their new environment.

Also, consider bringing the container with the seedlings outside to the new pot or garden so the soil-to-soil move happens quickly. When ready to transplant, locate the root of the seedling. If grown in a container, the seedlings are likely to have formed a root ball. Break apart the root ball as gently as possible to avoid root damage. Lightly watering the soil can assist this process.

Dig a hole in the new pot or garden that is deep enough to contain the plant's roots. Transfer the seedlings to the hole and pack the soil around the roots, leaving the soil loose near the top and water.

DIY NETWORK CANADA'S YARD CRASHERS AIRS TUESDAYS AT 8 P.M. ET/ 5 P.M. PT)



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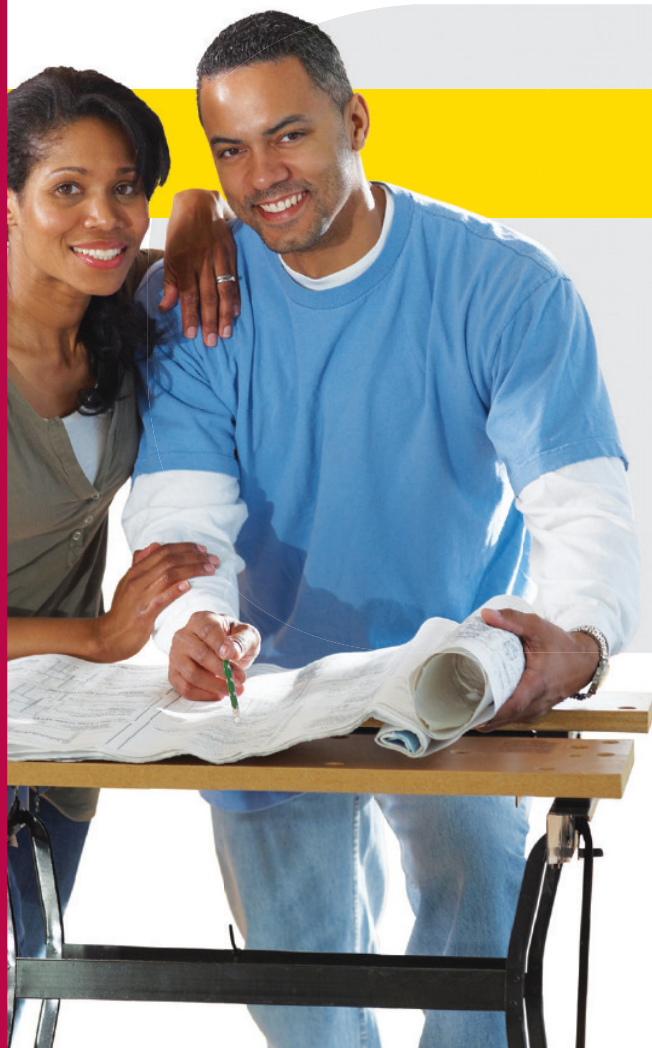
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High-end renos without high prices

► Affordable suggestions to make your kitchen, bathroom or living room look fresh and brand new



ASTRID VAN DEN BROEK
LIFE@METRONEWS.CA

You'd love to incorporate the boutique look in your upstairs bathroom, or streamline the look of your living room or your kitchen, but you don't exactly have the budget for a full-scale renovation. Not to worry. We talked to Karl Lohnes, Metro's Décor Moment columnist, and Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada, to find easy ways to get high-end looks for much, much less.

IN THE KITCHEN

CUPBOARDS

White creates a timeless kitchen look, suggests Lohnes. "A simple white cabinet can look good with anything," he says. If your cupboards are in good shape, think about just refacing the cupboard doors. "So that's not sanding down your doors — it's just getting new doors for your cupboards," says Turco. Also install new cabinet hardware — think inexpensive steel knobs for doors and pulls on drawers — to complete an eclectic look.

FLOORS AND WALLS

Laminate has come a long way baby. "Get a more luxurious look with quality laminate flooring, maybe the look of wood, which could be a higher-end look for most kitchens, or a lam-

RON ALBERTSON/TORSTAR NEWS SERVICE



► White: simple, classic.



► Float your vanity.

inate that looks like stone," suggests Lohnes. Hot looks are either dark or light — think darker, almost black floors or honey or sugar maple colours. Then freshen up your walls with colours such as teal, turquoise or the new neutral — grey, adds Turco.

COUNTERTOPS

Swap out your counter for a laminate one that has the look of white cararra or French marble. For a modern look, pick counters with squared-off edges and skip the curved return on the back that comes up three inches. "Instead, a slab that fits directly against the wall looks more like a real slab of marble or granite," says Lohnes.

LIGHTING

Why not try outdoor lighting such as an outdoor stainless steel pendant in your kitchen?

"It gives a more in-

dustrial look and it's also less expensive than an interior light source," says Lohnes.

BACKSPLASH

"A backsplash is fairly inexpensive to do," says Turco. "There are lots of options from glass tile to marble to ceramic or porcelain — you can get tile for under \$1 a square foot or marble for \$10 to \$15 per square foot."

IN THE BATHROOM

SHOWER/TUB

Can't afford a new tub? Then hide yours. "Hang your shower rod at ceiling height and then put a floor-to-ceiling curtain on it. It gives you a wall of fabric and makes it feel more like a powder room," says Lohnes.

"You can buy curtains long now or get some standard drapery and put a liner behind it."

VANITIES

Instead of installing a store-bought vanity,

think about a floating vanity. "Have a contractor do a floating vanity top and then tile it or cover it with stone. It's often really inexpensive to do," says Lohnes.

Or Turco suggests just switching out your faucet. "Single lever faucets are a huge trend and they are typically more contemporary," he notes.

MIRRORS

Replace your plate glass mirror with a tall vertical mirror. "Then put your light fixture on top of that and you create almost a focal point," says Lohnes. Or buy a mirror framed by a mirror. "It's a cool look and can dress up a bathroom," says Turco.

WALLS AND FLOORS

"There are a lot of veneering products now," says Lohnes. "You can buy tiled walls now, mosaic glass tiles on a big sheet so it's easy for a consumer to install. And there are mosaic glass

tile sheets that look really good." And while subway tiles are still popular, think bigger subway tiles such as 5 x 8 inches or 6 x 9 inches.

IN THE LIVING ROOM

WALL COLOUR

Pick colours to suit how you use the room. "If it's a room where you watch TV at night, paint it a darker colour. But if you're using the room during the day, then keep it lighter and airier," says Lohnes. Also clean up the look of your living room by painting your mouldings the same colour as your walls.

LIGHTING

Cut back on pot lighting if you're looking to change the lights. Use them in a corner, or to highlight something on a wall. "Don't use them all over the room like a football field." Instead, introduce select lighting. Drum-shaped pendants are "a great way of adding some ambient lighting," says Turco.

FLOORS

Get creative when replacing your carpeting. Tile carpeting is eco-friendly, and "you can just cut out one tile to replace it if an area gets worn or stained," says Lohnes. Hate carpeting? "Laminate flooring could work in a living room because there's no moisture," says Turco.

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Basement bounty: Converting to rental space

► Making your home a money maker can be stressful ► Keep these helpful hints in mind to add value

Basements can add great value to a home — especially when converted into a rental unit. Turning your basement into a rental unit can be a relatively easy and cost-effective way to increase property value and generate extra income.

There are a few simple steps to take to ensure your basement is comfortable for potential renters, which includes an adequate amount of insulation.

"With the cost of living steadily rising, converting an unfinished basement into a rental unit is a great option for additional income," says David Flood, insulation expert for Owens Corning. "Installing adequate insulation will help regulate temperature, keep your home energy efficient and provide a comfortable living space for your future tenants."

Start your basement renovation project today to

convert your unfinished basement into a useable rental unit.

For more information on home renovations, visit owenscorning.ca.

NEWS CANADA

Helpful hints

To start your basement renovation project, first install foam insulation panels and insulation batts. In addition to installing proper insulation, here are some other important tips to keep in mind as you get started on your basement conversion.

► Throughout the conversion process, have a city inspector view the unit to ensure that it passes code.

► Upon completion of your basement, notify your insurance company that your basement will be occupied as a rental unit.



► A basement can make a comfortable apartment.

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An adventurous take on steak

► These marinated Steak Strips with Gorgonzola Sauce take 20 minutes to prep and just six minutes to grill

These steak strips are one of more than 200 recipes for adventurous grillers in Weber's Time to Grill. The recipes are created to save time without sacrificing an ounce of flavour.

Preparation:

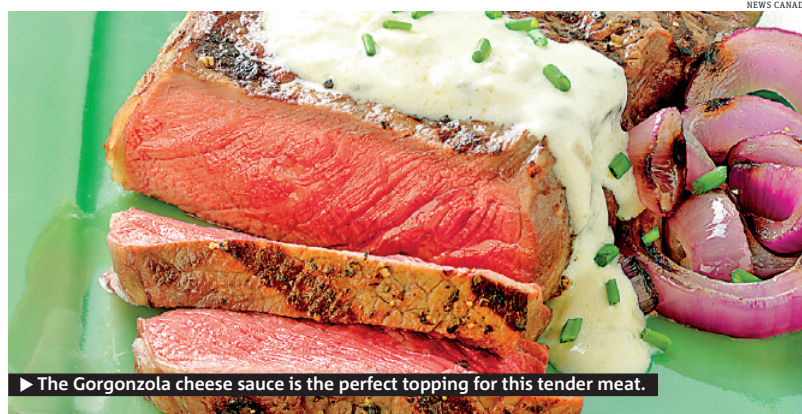
1 In a large glass baking dish combine the marinade ingredients. Whisk to dissolve the tomato paste. Submerge the steaks in the marinade. Cover and refrigerate for 2 to 4 hours. Prepare the grill for direct cooking over high heat (450° to 550°F).

2 Lift the steaks from the dish and pat dry with paper towels. Discard the marinade. Lightly brush the steaks with oil and season evenly with salt and pepper. Allow to stand at room temperature for 15 to 30 minutes before grilling. Meanwhile, make the sauce.

3 In a medium saucepan over medium heat, melt the butter. Add the shallot and cook until tender, about 2 minutes, stirring often. Mix in the sour cream and cheese and cook until the sauce begins to simmer and the cheese has melted, about 3 minutes, stirring occasionally. Remove from the heat, add ¼ tsp pepper, and cover to keep warm.

4 Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Serve warm with the sauce. Garnish with chives, if desired.

NEWS CANADA/ WEBER'S TIME TO GRILL BY JAMIE PURVANCE (OXMOOR HOUSE)



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Ingredients:

Marinade

- 2 cups beef broth
- 1 cup dry red wine
- 1 medium yellow onion, finely chopped
- 2 tablespoons tomato paste
- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper

Sauce

- 1 tablespoon unsalted butter
- 2 tablespoons minced shallot
- 1 cup sour cream
- 4 ounces crumbled Gorgonzola cheese (1 cup)
- 1 tablespoon finely chopped fresh chives (optional)

THE ASSOCIATED PRESS/ MATTHEW MEAD



► This simple rice pilaf serves four.

Rice pilaf doesn't have to come from a box

► Make this simple dish using basmati rice, cranberries and almonds

Most people know rice pilaf as a side dish that comes from a box. But it can be so much more.

This speedy recipe for cranberry almond rice pilaf can be on the table in about 25 minutes.

Don't like almonds? Use chopped cashews or pistachios. Dried currants, cherries or golden raisins can sub in for cranberries.

And while we keep the seasonings simple with just a bit of cinnamon, cumin and black pepper, feel free to take this in any direction you like.

Preparation:

1 In saucepan over high heat, combine rice, orzo and broth. Bring to boil, cover, reduce heat to simmer and cook for 10 minutes. Once rice has cooked, quickly stir in cranberries, then cover and set aside for another 5 minutes, stirring occasionally.

2 While rice and cranberries sit off the heat, prepare the rest of the pilaf. In a large skillet over medium heat, melt butter. Add cinna-

mon, ground cumin and 1 ml (1/4 tsp) black pepper, then cook for 30 seconds. Add onion and sauté until it begins to soften, about 4 minutes. Add sliced almonds and grated carrots, then cook for another 2 minutes.

3 Add rice and cranberries to skillet; toss well. Season with salt and pepper, then mix in chopped scallions. Serve immediately.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) basmati rice
- 50 ml (1/4 cup) orzo pasta
- 675 ml (2 3/4 cups) chicken broth
- 75 ml (1/3 cup) dried cranberries
- 45 ml (3 tbsp) butter
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) cumin
- Ground black pepper
- 1 yellow onion, diced
- 75 ml (1/3 cup) almonds
- 125 ml (1/2 cup) carrots
- Salt, to taste
- 2 scallions, chopped

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Hot dog dipping fun

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Preparation:

1 Heat a grill to medium-high.

2 **Chipotle Ketchup:** In small bowl, stir minced chipotle, adobo sauce, ketchup and paprika.

3 **Citrus Mustard:** In bowl, stir together mustard, mayonnaise, both zests, black pepper, honey and vinegar.

4 **Pimento Cheese Relish:** In small bowl, blend mayonnaise with cream cheese and cheddar until smooth. Stir in Worcestershire sauce, relish, pimento and hot sauce.

5 **Hot Dogs:** Divide dough into 8 pieces. Roll each piece into a snake 60 cm (24 inches) long. Wrap each hot dog with one of the lengths of dough, spiralling dough around length of meat. Place wrapped hot dogs on tray. Using pastry brush, coat each wrapped hot dog with bit of oil.

6 Grill for 12 to 15 minutes, turning every few minutes, until golden brown on all sides. Serve with the condiments in small cups for dipping.

THE ASSOCIATED PRESS

Ingredients:

Chipotle Ketchup

- 1 chipotle pepper in adobo sauce, minced
- 15 ml (1 tbsp) adobo sauce
- 175 ml (3/4 cup) ketchup
- 5 ml (1 tsp) smoked paprika

Citrus Mustard

- 125 ml (1/2 cup) brown mustard
- 50 ml (1/4 cup) mayo
- Zest of 1/2 lemon
- Zest of 1/2 orange
- 1 ml (1/4 tsp) ground black pepper
- 30 ml (2 tbsp) honey
- 15 ml (1 tbsp) balsamic vinegar

Pimento Cheese Relish

- 50 ml (1/4 cup) mayo
- 125 g (4 oz) cream cheese, softened
- 50 ml (1/4 cup) finely grated cheddar cheese
- 15 ml (1 tbsp) Worcestershire sauce
- 50 ml (1/4 cup) sweet pickle relish
- 1 jar (114 ml/4 oz) chopped pimento, drained
- 5 ml (1 tsp) hot sauce

Hot Dogs

- 625 g (1 1/4 lb) refrigerated pizza dough
- 8 hot dogs
- 15 ml (1 tbsp) vegetable oil

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Canucks dismantle Sharks in third

► Vancouver blows Game 2 wide open with four goals in final frame

Daniel Sedin scored twice on the power play, while defenceman Kevin Bieksa had a goal and showed his toughness in a fight as the Vancouver Canucks defeated the San Jose Sharks 7-3 last night to take a 2-0 lead in the NHL Western Conference final.

Bieksa broke open a tight game in the second period when he took a pass from Chris Higgins, skated in alone, and beat Sharks goaltender Antti Niemi with a hard, low shot to give Vancouver a 3-2 lead.

A few minutes later the defenceman dropped his gloves and exchanged punches with San Jose's Patrick Marleau. Bieksa landed several hard, right-handed shots before the linesmen stepped in.

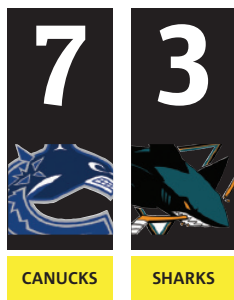
Higgins, on the power play, Mason Raymond and Aaron Rome also scored for the Canucks, who exploded for four third-period goals.

Bieksa also collected an assist.

Sedin leads the playoffs with five power-play goals. His eight goals tie the play-off lead with Sean Bergenheim of the Tampa Bay Lightning.

Logan Couture, Ben Eager and Marleau scored for the Sharks.

Vancouver has been dangerous in the third period in this series. The Canucks



scored goals 79 seconds apart in the third Sunday for a 3-2 victory in the opening game of the series.

The intensity level was cranked up for Game 2. There were several scrums after the whistle and some thundering collisions. The game ended with several shoving matches and punches thrown.

A hit by Eager on Sedin late in the second period infuriated the crowd and had the Canucks seeing red.

Eager ran into Sedin from behind, sending him crashing into the boards. The forward lay on the ice a few seconds before skating to the bench. Eager was called for boarding.

Sedin returned to score on a power play later in the third period.

The series moves to San Jose for Game 3 tomorrow.

THE CANADIAN PRESS



► Kevin Bieksa of the Vancouver Canucks celebrates his second-period goal with Ryan Kesler at Rogers Arena in Vancouver last night.

4

sports

Quoted



"It's so many emotions, it's hard to explain. It's almost like a dream come true. This team is really proud of itself, we've worked really hard."

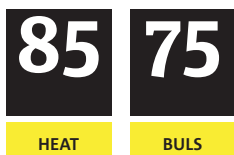
RADAMEL FALCAO, AFTER HE SCORED THE WINNING GOAL TO GIVE FC PORTO A 1-0 WIN OVER BRAGA TO WIN THE EUROPA LEAGUE FINAL.

Heat pull even with Bulls

LeBron James came up big down the stretch and scored 29 points, Dwyane Wade added 24, and the Miami Heat beat the Chicago Bulls 85-75 last night to tie the Eastern Conference finals at one game apiece.

The Heat can breathe a little easier after escaping with a win and stealing home-court advantage.

James shook off a brutal



Game 1 and scored nine points over the final 4:27 that put Miami ahead for good. He also added 10 rebounds.

"I put it all on the line tonight and did whatever it took for our team to win," James said.

Derrick Rose led Chicago with 21 points, but scored just two in the fourth quarter. Luol Deng was the only other Bulls player in double figures, adding 13.

THE ASSOCIATED PRESS

Sports in brief

Jays' bumbles lead to defeat

MLB. Matt Joyce hit a two-run homer and Elliot Johnson drove in three runs last night as the Tampa Bay Rays beat the Blue Jays 6-5 to snap Toronto's six-game winning streak.

The Jays committed five errors, including

three in Tampa's three-run second inning.

THE CANADIAN PRESS

Weir vies for spot in British Open

GOLF. Canada's Mike Weir is one of 78 players entered in Monday's British Open qualifying tournament at Gleneagles Country Club in Plano, Texas.

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Thunder coach at a loss after Nowitzki's brilliant Game 1

Over his 14 seasons in the NBA, Dirk Nowitzki says he's seen pretty much every defence possible.

Well, Thunder coach Scott Brooks is tempted to try the ultimate gamble — the invisible defender.

That's right, nobody. Maybe just someone shouting, "Boo!" or "Don't miss!" whenever Nowitzki loads up to shoot in Game 2 of the Western Conference final tonight.

Brooks surely was joking yesterday when he suggested not guarding Nowitzki. Brooks was still awed and frustrated after the big German made 12-of-15 field goals and set a playoff record by hitting all 24 of his free throws on his way to 48 points in Game 1, the most by anyone this post-season.

"There were nine shots that he made, no matter what you did, you couldn't have guarded him any better," Brooks said. "We put everybody on him. We tried to take it out of his hands. The only thing we didn't do was not guard him.

"Maybe tomorrow night, if we want to do something different, we don't challenge him. We play a zone and let him go free."

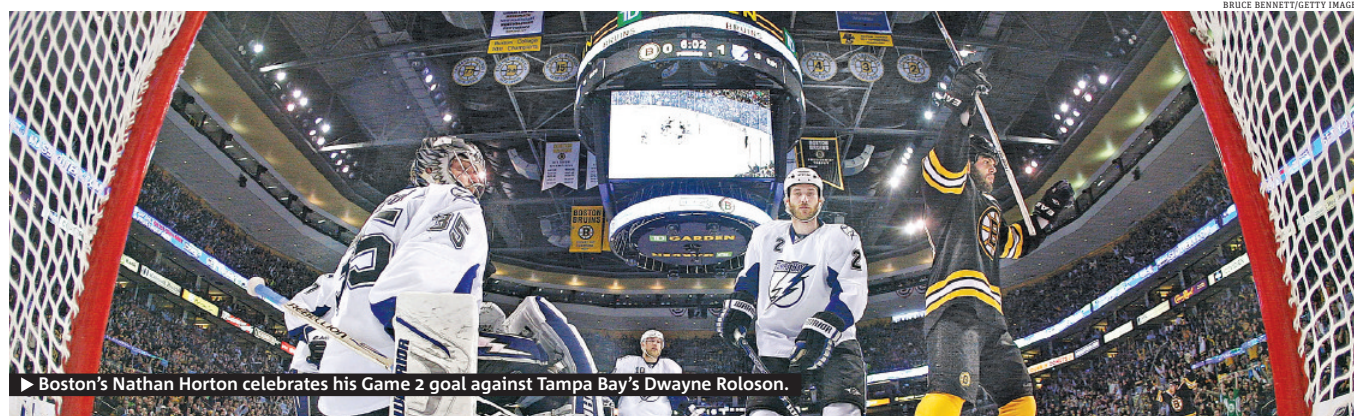
Nowitzki simply had one of those nights superstars have.

He figures the Thunder will try something different in Game 2.

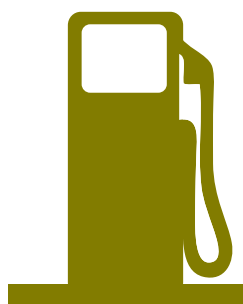
"I'm going to try to attack like I always do," he said. "If it's not there, I can swing it, pick and roll. We've got a lot of options out there. We have a deep bench. So I don't feel the pressure to force shots, and that's the good thing about this team."

Because Nowitzki had such a historic game, it's easier for the Thunder to find some positives, starting with them keeping things close to the end. If they can do that, they can turn to Kevin Durant, whose 40 points were overshadowed by Nowitzki in Game 1, to try to turn the tide of the series.

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► Boston's Nathan Horton celebrates his Game 2 goal against Tampa Bay's Dwayne Roloson.



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Poor play can't dim Tiger's star power

For his golf, Tiger Woods is about to fall out of the top 10 in the world for the first time in 14 years. For his star power, he still ranks ahead of any other athlete.

Woods, whose last win came 18 months ago at the Australian Masters, will drop to at least No. 11 in the next world ranking published Monday. It will be the first time he is out of the top 10 since he was No. 13 April 6, 1997, the week before he won the Masters for the first time.

Forbes, meanwhile, says he is still the No. 1 celebrity in the sports world.

Woods checks in at No. 6 on Forbes' annual "Celebrity 100" list of the most



► Tiger Woods

powerful people or groups in the entertainment business. Lady Gaga tops the overall rankings, followed by Oprah Winfrey, Justin Bieber, U2 and Elton John.

Miami Heat star LeBron James is the second-ranked athlete behind Woods at No. 10. Kobe Bryant of the Los Angeles Lakers is 14th.

Forbes estimated Woods' total earnings last year to be \$75 million US, making him the highest-paid athlete. The magazine put Bryant's earnings for the last 12 months at \$53 million, followed by James at \$48 million and four-time major winner Phil Mickelson at \$47 million.

Woods started the year at No. 2 and has been steadily dropping points. He tied for fourth at the Masters last month, but withdrew from The Players Championship last week because of injuries. He said on his website Monday that he will try to return in June for the U.S. Open.

THE ASSOCIATED PRESS

Breaking through the wall

► Top goalies in Boston and Tampa have looked ordinary in East final

Boston and Tampa Bay have played a pair of surprisingly high-scoring games and the trend might continue the way the Eastern Conference final is going.

The series is tied 1-1 and the teams have combined for 18 goals.

That kind of offence seemed unlikely heading into the matchup featuring the top two playoff goalies this season. Tampa Bay's Dwayne Roloson and Boston's Tim Thomas both allowed an average of two goals per game through the opening two playoff rounds.

"They're all-star players, and they're players that are top-notch players in the league," Roloson said yesterday.

"The guys we have on our team and the guys they have on their team, there's going to be times when you can't contain them. They're gifted players, so they're going to take advantage of the chances that they get."

Lightning centre Steven Stamkos agrees.

"You got two teams that know how to score goals," he said. "I think both teams would agree that it was, some of the goals you'd like to have back as a team, and by no means was there real-

Unlikely snipers

If scoring continues to come from unexpected players, the big numbers will continue for both the Bruins and the Lightning in Game 3 in Tampa tonight.

► Boston rookie Tyler Seguin has three goals and three assists in the series. The No. 2 pick in last year's draft didn't play in Boston's first two series.

► Lightning third-liner Sean Bergenheim has eight goals in 13 playoff games, after scoring only 14 in 80 regular-season games.

ly any fault on the goal-tenders."

Still, Roloson made a number of outstanding saves during Tampa Bay's Game 1 victory, while Thomas came up big late in Boston's 6-5 win in the second game Tuesday night.

"I saw him in the third, the last five, six minutes we had a lot of grade-A chances," Lightning captain Vincent Lecavalier said of Thomas. "He gave them the win there the last five minutes. We really felt we would tie it up, and we were getting our chances, but he made some huge saves."

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)

(Series tied 1-1)

Tuesday's result

Boston 6 Tampa Bay 5

Tonight's game

Boston at Tampa Bay, 8 p.m.

Saturday's game

Boston at Tampa Bay, 1:30 p.m.

Monday, May 23

Tampa Bay at Boston, 8 p.m.

Wednesday, May 25

x-Boston at Tampa Bay, 8 p.m.

Friday, May 27

x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)

(Vancouver leads series 2-0)

Last night's result

Vancouver 7 San Jose 3

Tomorrow's game

Vancouver at San Jose, 9 p.m.

Sunday's game

Vancouver at San Jose, 3 p.m.

Tuesday, May 24

x-San Jose at Vancouver, 9 p.m.

Thursday, May 26

x-Vancouver at San Jose, 9 p.m.

Saturday, May 28

x-San Jose at Vancouver, 8 p.m.

x — played only if necessary.

CANUCKS 7, SHARKS 3

First Period

1. San Jose, Couture 7 (Heatley, White) 2:28 (pp)

2. Vancouver, D.Sedin 7 (H.Sedin, Hamhuis)

9:39 (pp)

3. Vancouver, Torres 2 (Erhoff, Hansen) 10:18

4. San Jose, Marleau 5 (Thornton, Boyle) 13:03 (pp)

Penalties — Rome Vcr (tripping) 1:19, Eager SJ,

Torres Vcr (roughing) 5:40, Pavelski SJ (tripping)

7:50, D.Sedin Vcr (cross-checking) 12:19.

Second Period

5. Vancouver, Bieksa 3 (Higgins, Hamhuis) 12:05

Penalties — Marleau SJ, Bieksa Vcr (fighting)

17:58, Eager SJ (boarding) 19:32.

Third Period

6. Vancouver, Higgins 4 (Raymond, Bieksa)

7:56 (pp)

7. Vancouver, D.Sedin 8 (H.Sedin, Edler) 11:41

8. Vancouver, Rome 1 (Burrows, H.Sedin) 14:30

9. Vancouver, 2 (Higgins, Hamhuis) 16:42 (pp)

10. San Jose, Eager 1 (Pavelski, Vlasic) 17:27

Penalties — Eager SJ (tripping) 6:57, San Jose

bench (too many men; served by Setoguchi)

10:47, Clowe SJ (roughing, misconduct) 14:40,

Eager SJ (roughing) 17:27, Nichol SJ (rough-

ing, misconduct), Eager SJ (cross-checking,

misconduct), Lapierre Vcr, Hansen Vcr, Rome

Vcr (misconducts) 19:51.

Shots on goal by

San Jose 13 9 9 —31

Vancouver 13 14 11 —38

Goal — San Jose: Niemi (L, 7-7); Vancouver:Luongo (W, 10-5). **Power plays (goals-****chances)** — San Jose: 2-2; Vancouver: 4-9.**Referees** — Dan O'Halloran, Tim Peel. **Lines-****men** — Shane Heyer, Jonny Murray.**Attendance** — 18,860 (18,860) at Vancouver.

PLAYOFF SCORING LEADERS

	G	A	PT
St. Louis, TB	7	9	16
Lecavalier, TB	6	10	16
Kesler, Vcr	5	11	16
Datsyuk, Det	4	11	15
Ward, Nash	7	6	13
Horton, Bos	6	7	13
Clowe, SJ	4	9	13
J.Thornton, SJ	3	10	13
Purcell, TB	2	11	13
Couture, SJ	6	6	12

Not including last night's game

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	9	4	2	3	13	6	15
Philadelphia	9	4	3	2	6	6	14
Columbus	9	3	2	4	8	9	13
Houston	10	3	3	4	13	10	13
New England	10	3	3	4	9	12	13
D.C. United	10	3	4	3	13	18	12
Toronto	11	2	4	5	11	17	11
Chicago	9	1	3	5	12	15	8
Kansas City	7	1	5	1	11	17	4

WESTERN CONFERENCE

Los Angeles	12	5	2	5	17	12	20
Dallas	10	5	3	2	13	10	17
Real Salt Lake	7	5	1	1	9	2	16
Colorado	10	4	3	3	12	10	15
Portland	9	4	3	2	12	14	14
Seattle	11	3	3	5	13	11	14
Chivas USA	9	3	3	3	11	9	12
San Jose	9	2	4	3	10	11	9
Vancouver	11	1	5	5	12	16	8

Saturday's games

All Times Eastern

Chicago at Philadelphia, 8 p.m.

New York at Houston, 8:30 p.m.

Los Angeles at Chivas USA, 10 p.m.

Kansas City at Seattle, 10 p.m.

New England at San Jose, 10:30 p.m.

Columbus at Portland, 11 p.m.

Sunday's games

Real Salt Lake at Dallas, 7 p.m.

Toronto at Colorado, 7 p.m.

NUTRILITE CANADIAN CHAMPIONSHIP

CHAMPIONSHIP

TORONTO FC vs. VANCOUVER WHITECAPS**First Leg****Last night's result**

Toronto 1 Vancouver 1

Porto (Portugal) 1 Braga (Portugal) 0

Yesterday's result

Porto (Portugal) 1 Braga (Portugal) 0

EUROPA LEAGUE

CHAMPIONSHIP

At Dublin**Yesterday's result**

Porto (Portugal) 1 Braga (Portugal) 0

ENGLAND

LEAGUE ONE

PLAYOFF SEMIFINAL

Second Leg

Yesterday's result

Huddersfield 3 Bournemouth 3 (extra time)

(aggregate tied 4-4; Huddersfield advances 4-2

on penalties)

SCOTLAND

FIRST DIVISION PLAYOFF

First Leg**Yesterday's result**

Ayr United 1 Brechin City 1

NBA

PLAYOFFS

All Times Eastern

THIRD ROUND

(Best-of-7 series)

EASTERN CONFERENCE

CHICAGO (1) vs. MIAMI (2)

(Series tied 1-1)

Last night's result

Miami 85 Chicago 75

Sunday's game

Chicago at Miami, 8:30 p.m.

Tuesday, May 24

Chicago at Miami, 8:30 p.m.

Thursday, May 26

Miami at Chicago, 8:30 p.m.

Saturday, May 28

x-Chicago at Miami, 8:30 p.m.

Monday, May 30

x-Miami at Chicago, 8:30 p.m.

WESTERN CONFERENCE

DALLAS (3) vs. OKLAHOMA CITY (4)

(Dallas leads 1-0)

Tuesday's result

Dallas 121 Oklahoma City 112

Tonight's game

Oklahoma City at Dallas, 9 p.m.

Saturday's game

Dallas at Oklahoma City, 9 p.m.

Monday, May 23

Dallas at Oklahoma City, 9 p.m.

Wednesday, May 25

x-Oklahoma City at Dallas, 9 p.m.

Friday, May 27

x-Dallas at Oklahoma City, 9 p.m.

Sunday, May 29

x-Oklahoma City at Dallas, 9 p.m.

x — played only if necessary.

HEAT 85, BULLS 75

MIAMI (85)

James 12-21 3-7 29, Bosh 4-8 2-2 10, Anthony

0-1 0-0, Bibby 1-6 2-2 5, Wade 8-16 8-10 24,

Magloire 1-2 0-0 2, Haslem 5-10 3-3 13, Miller

1-2 0-0 2, Jones 0-0 0-0 0, Chalmers 0-1 0-0 0,

Howard 0-1 0-0 0. Totals 32-68 18-24 85.

CHICAGO (75)

Deng 5-15 2-2 13, Boozer 3-10 1-2 7, Noah 4-9

1-2 9, Rose 7-23 7-10 21, Bogans 2-5 0-2 5,

Brewer 2-4 3-4 7, Watson 0-2 2-2 2, Asik 0-0

0-1 0, Gibson 4-7 0-1 8, Korver 1-7 0-0 3. Totals

28-82 16-26 75.

Miami 19 29 23 14 —85

Chicago 26 20 19 10 —75

3-Point Goals—Miami 3-13 (James 2-6, Bibby

1-5, Chalmers 0-1, Miller 0-1), Chicago 3-20

(Bogans 1-4, Korver 1-5, Deng 1-7, Watson 0-1,

Rose 0-3). Fouled Out—None. Rebounds—

Miami 55 (James 10), Chicago 51 (Noah,

Boozer 8). Assists—Miami 18 (James 5),

Chicago 15 (Rose 8). Total Fouls—Miami 26,

Chicago 25. A—23,007 (20,917) at Chicago.

PLAYOFF SCORING LEADERS

	G	FG	FT	PTS	AVG
Durant, OKC	13	120	115	387	29.8
Rose, CHI	12	117	90	345	28.8
Nowitzki, DAL	11	103	95	313	28.5
Howard, ORL	6	51	60	162	27.0
Anthony, NYK	4	33	29	104	26.0
Wade, MIA	11	97	80	280	25.5
James, MIA	11	94	73	276	25.1
Westbrook, OKC	13	102	91	307	23.6
Bryant, LAL	10	83	50	228	22.8
Randolph, MEM	13	100	87	289	22.2
Paul, NOR	6	42	39	132	22.0
Granger, IND	5	43	14	108	21.6
Aldridge, POR	6	53	19	125	20.8
Pierce, BOS	9	68	30	187	20.8
Ginobili, SAN	5	31	32	103	20.6

Not including last night's game

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	25	18	.581	—
New York	22	19	.537	2
Boston	22	20	.524	2½
Toronto	21	21	.500	3½
Baltimore	19	22	.463	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	26	14	.650	—
Detroit	22	20	.524	5
Kansas City	20	22	.476	7
Chicago	19	25	.432	9
Minnesota	13	27	.325	13

WEST DIVISION

	W	L	Pct	GB
Texas	23	20	.535	—
Oakland	22	20	.524	½
Los Angeles	22	21	.512	1
Seattle	17	24	.415	5

Last night's results

Tampa Bay 6 Toronto 5

Boston 1 Detroit 0

Chicago White Sox 1 Cleveland 0

N.Y. Yankees 4 Baltimore 1 (15 innings)

Texas 5 Kansas City 4 (11 innings)

Minnesota 2 Oakland 1

L.A. Angels at Seattle

Tuesday's results

Chicago White Sox 4 Texas 3

Cleveland 7 Kansas City 3

Minnesota 2 Seattle 1

N.Y. Yankees 6 Tampa Bay 2

Oakland 14 L.A. Angels 0

Toronto at Detroit (ppd., rain)

Baltimore at Boston (ppd., rain)

Today's games

All Times Eastern

Minnesota (Blackburn 2-4) at Oakland (T.Ross

3-2), 3:35 p.m.

L.A. Angels (Haren 4-2) at Seattle (Fister 2-4),

3:40 p.m.

N.Y. Yankees (Sabathia 3-3) at Baltimore

(Guthrie 1-6), 7:05 p.m.

Tampa Bay (W.Davis 4-3) at Toronto

(R.Romo 3-4), 7:07 p.m.

Detroit (Verlander 4-3) at Boston (Beckett 3-

1), 7:10 p.m.

Cleveland (Carmona 3-3) at Chicago White Sox

(Floyd 4-3), 8:10 p.m.

Texas (Holland 3-1) at Kansas City (Hoechevar

3-4), 8:10 p.m.

CYCLING

GIRO D'ITALIA

At Castelfidardo, Italy**Stage 11 — 144-kilometres**

1. John Gadret, France, AG2R, three hours, 33

minutes, 11 seconds; 2. Joaquin Rodriguez,

Spain, Katusha, same time; 3. Giovanni Visconti,

Italy, Farnese Vini, s.t.; 4. Jose Serpa, Colombia,

Androni, s.t.; 5. Alberto Contador, Spain, Saxo

Bank, s.t.; 6. Roman Kreuziger, Czech

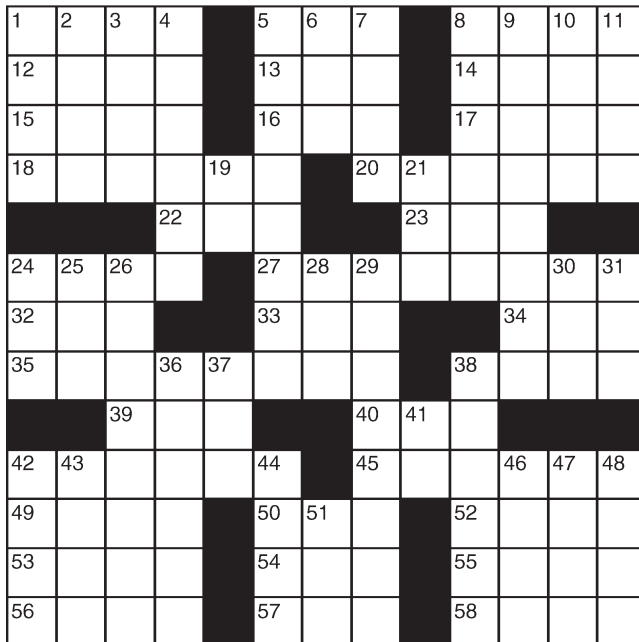
Crossword

Across

- 1 Door handle
5 Pigeon's remark
8 Wound cover
12 Modern-day money
13 That guy
14 Collins or Donahue
15 First place
16 "The Greatest"
17 Stow cargo
18 Landlord
20 In layers
22 Blackbird
23 Shell game need
24 Start of the XIIIth century
27 Backed, as a motion
32 Cheery word?
33 — jongg
34 Gabor or Longoria
35 Severe injuries
38 Worked with
39 Genetic matter
40 Decay
42 Puts up
45 Reactions to a pun
49 Lotion additive
50 Shelter
52 — moss
53 Picnic invaders
54 Bobby of hockey
55 Greek vowel
56 Glaswegian gal
57 Petrol
58 Unsigned (Abbr.)

Down

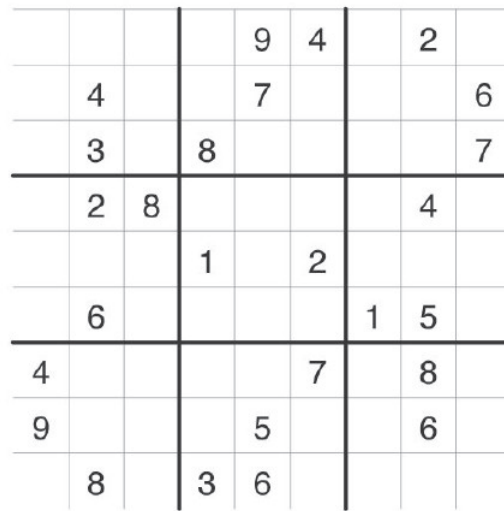
- 1 Ship's spine
2 Undressed
3 Raw rocks
4 Dwarfed potted plant
5 Special appeal
6 Lubricant
7 Skip over
8 Ill will
9 Party game
10 Staffer
11 Evidenced a pinprick
19 Operating
21 Wall St. debut
24 "The A-Team" actor
25 Auto
26 "— of Fire"
28 Consume
29 San Diego squad
30 First lady?
31 Old man
36 If not



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	3	8	7	6	1	2	4
7	2	6	1	4	3	8	5	9
1	8	4	2	5	9	7	3	6
8	6	2	7	3	1	9	4	5
3	1	9	4	2	5	6	7	8
4	5	7	9	6	8	3	1	2
9	3	5	6	1	2	4	8	7
2	7	8	3	9	4	5	6	1
6	4	1	5	8	7	2	9	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Your Majesty, You make me swoon when you wink at me. I enjoy our secrets, lets make some more. Can't wait to bake again, it will be sweet and delicious, like kiwi. XOx BFFWB

Laurie, Be at peace. Know that even though we are apart you are in my prayers and thoughts. With God you are never alone. ME

ToMr. Tall Handsome Smart and Unavailable: I fell in love with your friendship. I love being around you so much. You'll never know lol.. but now Metro does! YOUR BEST BBM FRIEND

Heleny, My Beautiful Princess i love you with all my being. You are the purest, true, special and unique love! Mi Caracolita Hermosa Happy Monthversary! NosVamoosss!
CARLOS, YOUR ETERNAL LOVE

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 8° Max 15°	Min 8° Max 18°	Min 9° Max 22°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 You can't stand people who enjoy making drama out of a crisis. Stay calm.

♉ **Taurus** April 21-May 21 If there's something you need to do, get on with it now.

♊ **Gemini** May 22-June 21 Look ahead and think of ways you can turn the tables on those who have given you a hard time in recent weeks. Don't be nasty though.

♋ **Cancer** June 22-July 22 You'll take the opposing view to what everyone believes today. Have your reasons ready so you can explain.

♌ **Leo** July 23-Aug. 23 The pressure is piling up but as a Leo, you're strong enough to take it.

♍ **Virgo** Aug. 24-Sept. 22 A friend will say something about you today that is less than flattering. Find out why he or she said it.

♎ **Libra** Sept. 23-Oct. 23 This may be a frustrating time, but cheer up. You've got so much to look forward to.

♏ **Scorpio** Oct. 24-Nov. 22 If someone gets the impression you are easily manipulated, he or she may try to cheat you later on.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Today, you'll become convinced it's time to give up on something that clearly isn't doing you much good.

♑ **Capricorn** Dec. 22-Jan. 20 Over the next 24 hours your default position should be that everyone is lying. Can't be too careful.

♒ **Aquarius** Jan. 21-Feb. 18 You will have to put a project on hold today. Come back to it later.

♓ **Pisces** Feb. 19-March 20. Make sure you relax and replenish your energy. The next few days will be busy. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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STK# P110477

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STK# P102755

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Sunroof,
25,000km

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STK# 110315A

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STK# RR102687A

2006 MINI Cooper S



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Leather,
41,000km,
Convertible

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STK# A110578

1999 Ford Mustang GT



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Leather, Low KMs

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STK# A110527A

2007 Nissan Murano AWD



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Sunroof

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STK# A110523

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